INSTRUCTIONS
HOW TO POSSESS
GOOD HEALTH
AND
BUOYANT ANIMAL SPIRITS

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HOW TO POSSESS

GOOD HEALTH

AND

BUOYANT ANIMAL SPIRITS.

THE SECOND EDITION.

TO WHICH ARE NOW FOR THE FIRST TIME ADDED,

INSTRUCTIONS HOW TO ACT IN CASES OF FRACTURES, DISLOCATIONS, WOUNDS, POISON, THE BITES OF RABID ANIMALS, SUSPENDED ANIMATION, ETC. ETC.

BY

A VILLAGE DOCTOR.

LONDON:
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AND BRODIE AND CO., SALISBURY.

M.DCCC.XLII.

DEDICATION.

TO THE

RIGHT HON. THE EARL OF RADNOR,

LATE PRESIDENT OF THE SALISBURY INFIRMARY.

My Lord,

I confess it is with pride and pleasure that I am permitted to dedicate this little work to your Lordship: it is wholly free from lengthened details, contested points, or argumentative disquisitions: it only aims at being plain and practicable: it is intended as a remembrancer, and does not aspire to be an instructor. The opinions it contains are given with sincerity, and they are free from professional verbiage—although with that occasional dissent in matters of opinion, which, I doubt not, will prove more agreeable to those enlightened men from whom I have derived

so much information than a servile adoption of their views.

I own that I have been desirous to dedicate this Publication to your Lordship, enabling me, as it does, once more gratefully to acknowledge the constant friendship and uniform kindness I have experienced from your Lordship for the lengthened period of a quarter of a century.

I remain

Your Lordship's

Obedient and humble Servant,

GEORGE LANGSTAFF.

Wilton, near Salisbury,
May, 1840.

PREFACE.

In undertaking this little work, I have been actuated by an earnest and sincere wish to convey to the Reader my own observations, founded on practice, on Diet and Regimen. I have endeavoured throughout every page to inculcate the happy effects of temperance in all those things which are so bountifully allotted us for our sustenance and comfort. I have assumed the privilege, never denied by the liberal-minded, of enriching the work by the labours of others, taking care, at the same time, to make honourable mention of every person to whom I have felt indebted for assistance.

INTRODUCTION

TO

THE SECOND EDITION.

The success which has attended the publication of the First Edition of these Instructions for the attainment of Good Health, and, as a consequence of good health, cheerful Animal Spirits, encourages me to introduce to the Public a Second Edition, with emendations and additions. The errors incident to a first effort have been generously overlooked; and I trust that the subjects treated of in the present volume will render it more interesting and useful to the reader than the former edition, which was, however, rapidly sold, and was honoured with much favourable notice.

It will be readily admitted, that few subjects have excited more popular interest, or have been more sedulously sought after, than works in-

structing us how to preserve our health. Under these circumstances, I shall feel it a duty incumbent on me to give the reader all the information I possess on the topics selected for his perusal, availing myself of the privilege of every author, that of stating his ideas in his own language. The advantage of this indulgence has been so universally acknowledged, that I should imagine it will be regarded as a sufficient sanction for its continuance in the present instance.

July, 1842.

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CHAPTER I.

THE ORGANS OF DIGESTION.

Most, if not all the Publications on Diet, Regimen, Exercise, and Clothing, which have been written of late years, have been of a professional character: they have consequently been read and studied by medical men only. Now the object and intention of the present little Work is to point out how easy it is for all of us—that is, those whose constitutions are not already broken down by disease—to maintain our present health and cheerfulness—for the latter cannot be possessed without the former.

It is irrelevant to my purpose to enter minutely into the anatomy of the organs of Deglutition and Digestion; it will, however, be occasionally necessary to refer to those organs where digestion commences and is accomplished; but in doing this I shall dwell upon the Abdominal Viscera at as little length as possible. I think it right to sum them up under the comprehensive term of the Chylopoietic Viscera.

First, then, the Stomach, the receptacle of food and fluids, is abundantly supplied with blood-vessels and nerves. We are all aware of its use and office, which are those of exciting us to hunger and partly to thirst; to receive the prepared food, and to retain it, till, by its motion and the admixture of various fluids, it is in a state to afford chyle for the intestines. Then follow the Intestines, which receive the ingested food, where it is mixed with the Bile and other fluids necessary for digestion. The Liver is placed on the right side; and immediately under it, and attached to it, is the Gall-bladder. The Pancreas is a gland of so much importance, that the process of digestion would be incomplete without its office and influence: it is situated under the stomach. The Spleen is situated on the left side of the abdomen: its use is not known, although it is doubtless essential to digestion. The Kidneys, which are placed one on each side of the loins, are so materially affected by diet, that it will be necessary to speak further of their functions by and bye, when I shall have to show how importantly the whole of the organs above named are affected, indeed diseased, by improprieties in food and fluids.

It would be almost impossible to proceed with the instructions I have to give without briefly noticing the necessary apparatus for Digestion, and impressing on the reader the importance of

preserving them in health. Mr. Cobbett would maintain, in his forcible style, that, with strict cleanliness, moderate and wholesome diet, and early rising, we should, under almost all circumstances, ensure cheerful spirits, with the best health; and Mr. Laurence eloquently insists upon it, that our most grievous ills are our own work, and might be obviated by a simple and uniform way of life. Dr. Paris, in his instructive book, informs us, that a fertile theme for discussion has been afforded to different authors respecting the proper diet for man: some asserting that Nature intended him to live on animal food alone, while others affirm that she intended him to exist on vegetable diet. We are, however, convinced, from the formation of the teeth and other structures, that man is capable of subsisting on aliment of every description—although the mixed diet, meat and vegetables, is the most salutary for him, particularly in this climate. As a proof of its necessity, it may be noticed, that the mixed diet is a complete antidote to the scurvy.

CHAPTER II.

ON THE FUNCTIONS OF THE SKIN.

On the important particulars of the food best adapted to the stomach, the proper time for meals, and the period which should be allotted for exercise and repose, it will be necessary to enter rather elaborately. It may, in the first place, be proper to mention, that although the Lungs are placed in a different cavity from the organs of digestion, yet as the chyle is incapable of becoming blood without their assistance, they constitute an important link in the chain of the digestive functions. The function of the envelope of the human body, the Skin, is considered as the last link in the chain of the process of digestion, and immense changes occur in its texture and functions by unwholesome food and over-stimulating fluids. The whole of the interior organs sympathise in a remarkable degree with the surface of the body. So striking is the sympathy between these latter organs and the skin, that they are capable of materially assisting each other in their operations.

The Skin removes from the blood a considerable portion of water, and may in some respects be compared to the office of the Kidneys, although the functions of the former may be suspended for a time without serious consequences. A clear and smooth skin announces a good constitution; and as diseases of the surface of the body are less understood than any other disorders, it is necessary to avoid what will irritate the skin. Shell-fish is very apt to produce roughness on the skin, which will remain for some time. Frequent friction with a flesh-brush and the greatest attention to cleanliness, as regards changing of flannel and linen, are the best modes of preserving the skin in a healthy condition. Chemists have analysed the fluid which escapes from the skin, and the latest experiments prove that it is composed of a great deal of water, a small quantity of acetic acid, of muriates of soda and potass, a proportion of earthy phosphate, an atom of oxide of iron, some animal matter, and that it also exhales carbonic acid.

CHAPTER III.

ON THE PROCESS OF DIGESTION.

Digestion is the process which the food undergoes in the stomach, in order to convert it into chyme. To effect this completely, there are three circumstances necessary: the first, is a proper degree of heat in the stomach; the second, a free mixture of saliva in the mouth with the food; the third, a certain quantity of the fluid denominated gastric juice in the healthy stomach. Some authors assert another function of the stomach to be essential for the completion of digestion, termed its peristaltic motion. It has been proved by experiments, that the gastric juice has the power of reducing the aliments into an uniform pap, even out of the human body, and that it actually does so after death. Its powers are surprising, and it possesses antiputrescent properties to a degree very far beyond all the other secretions of the human body.

Digestion is impaired by the too frequent habit

of neglecting to masticate the food deliberately and well in the mouth. It is in the mouth that the food is to be properly prepared, and to be well assimilated with a due quantity of saliva previously to its descent into the stomach. Sir Anthony Carlisle attributes indigestion to carelessness in persons who do not eat their food slowly; and, in his treatise on the diseases of old age, traces disorders of the stomach and bowels to the loss of those instruments furnished us by nature, the teeth, whereby we are deprived of the power properly to prepare the food for its ulterior change. The want of aliment is founded on the fact, that several organs are engaged in separating fluids which are loaded with solid constituents, and therefore it is necessary to repair these habitual losses.

The stomach being the organ of supply after the waste of the body, occasioned by labour, exercise, &c., it cannot surprise us that the least deviation from its healthy state causes so many diseases, some of which are with difficulty defined. In examining the theory of waste and supply, there is much difference, depending on age, health, temperament, and exercise, in proportion to the parts which enter into this current, and those which abandon it. A knowledge of this theory is necessary for the physician, but not so to those who are to be presented with a book the aim of which is to

instruct them how to take care of their health, and the certain companion of health—good animal spirits.

The food being, in this country, almost universally partly animal and partly vegetable, I must point out as clearly as I can the unpleasant consequences arising from eating meals in a short space of time. The real enjoyment of food of course resides in the organ of taste; and this sensation is chiefly seated in the tongue and palate. Now, if the food be eaten in a quick time, there is scarcely any enjoyment of this sensation, and the stomach, which solicits replenishment by the natural sensation of hunger, is offended by lumps of meat descending into it unmasticated and unprepared, and in this case it happens, that, instead of being invigorated by the meal, the most unpleasant sensations occur. One of these is a sense of fulness in the stomach, with great pain of that organ; and very frequently does it occur, that the pain increases rapidly, unless the stomach rids itself of its load by vomiting. I witnessed the disagreeable and really painful attack above described in a patient of mine who had for years eaten his food in the quick way called bolting. In about an hour after dinner, he complained of much pain with constant eructations of wind. The pain increasing, and

there being no inclination to sickness, I gave him a liberal quantity of brandy and water: he was not, however, the least relieved by this remedy. Some time after, I set to work, and gave him copious draughts of water as hot as it could be swallowed. The latter remedy speedily relieved the patient. The hot water caused the food to digest—at least, I can account for the relief in no other way. Hot water, then, I recommend, as the best remedy for the ill consequences arising from bolting the food.

I am not treating of disease, yet I think it right to state what I know of this negligent way of eating at meals. Flatulence is a certain result of food, unprepared in the mouth, descending into the stomach; and Sir Anthony Carlisle affirms, that if persevered in for any length of time, indigestion follows—and we all know how difficult it frequently is to remove this disease.

The next Chapter will treat of the different theories of Hunger and Thirst. I shall take some pains to lay before the reader the opinions of others of the cause of both sensations—not at all fearing to be termed a plagiarist; for a plagiarist, in the proper acceptation of the term, implies a literary thief, one who culls from another, without the honesty to name from whom he derives his information. My course will be just the contrary—naming with gratitude those from whom I derive

assistance. While engaged in pursuits calculated in the remotest degree to increase the general sum of human happiness, there is no liberal man who will deny his aid to accomplish so desirable an end. To assume the contrary, would be an assumption admirably reprobated by our great Poet—

> "Let not this weak, unknowing hand
> Presume thy bolts to throw,
> And deal damnation round the land
> On each I judge thy foe."

CHAPTER IV.

OF HUNGER AND THIRST.

The sensation of Hunger is produced by the irritation of the gastric juice in the healthy stomach, which naturally induces a desire for food. Some have attributed the sensation to the friction of the sides of the stomach on each other. It is, however, ascertained by physiologists of the present day to be induced by the stimulant action of the gastric juice on the nerves of the stomach. Many experiments have been resorted to, to illustrate this fact, a detail of which would, I am convinced, be uninteresting to the readers of this work. It is proved also, that the two sensations of hunger and thirst are incompatible with each other. When we require food, a disinclination for fluid is felt: when thirst rages, the idea of solid aliment disgusts us. Mental distress excites thirst. If a person be interrupted in his meal for a quarter of an hour, on resuming it, he will find his appetite gone, although he may not have eaten half his

usual quantity. This circumstance is accounted for from the food having entered on its ulterior changes, and the energies of the stomach having consequently become diminished. Hunger, then, is occasioned principally by the secretion of gastric juice stimulating the stomach for food, after abstinence from it, the organ requiring a supply from the waste of the body, after exercise and labour.

Thirst, in common with hunger, is induced by the waste of the body after exertion and fatigue. The stomach co-operates with the fauces in announcing the necessity of introducing liquid into the system. The sensation of thirst resides in the throat and fauces, as that of hunger does in the stomach. The fauces is the cavity behind the tongue and uvula, or commencement of the throat. Fluid is necessary and solicited by the stomach, to impart solubility to the food which has been received by it. The stomach and fauces unite in announcing to the individual the sensation of thirst. When deprived of fluid for a long time, and the sensation of thirst is excessive, the dry feeling in the throat is almost insupportable. It is rather curious that some people never complain of thirst: others again, especially those who indulge in copious draughts, are rendered thirsty by habit. Some authors enter very fully into the causes of both these sensations, and very instruc-

tive, no doubt, are their speculations to the profession. As I have, however, briefly stated the present opinions of those men who have paid the greatest attention to the phenomena of both sensations, I think I have said all that is requisite. The influence of salted food in exciting this sensation has not been satisfactorily accounted for.

CHAPTER V.

OF THE PERIODS BEST ADAPTED FOR TAKING REFRESHMENT.

In this Chapter I shall speak of the periods considered as best adapted for taking refreshment, and the intervals which ought to elapse between each meal. I must, here, however, honestly acknowledge, that I do not consider this subject of very great importance, provided a few simple rules be strictly attended to. One rule is this,—if the dinner-hour be early, do not fail to take moderate exercise or to pursue some employment two hours after, and, instead of indulging in repose after a full meal, if repose be required, let it be taken an hour before dinner: there will then be no inclination for sleep when the stomach is full. Another rule is, if the dinner-hour be very late, not to fast so long as to give the stomach too much work to perform, or, in other words, to overload it. All this may be obviated; and as many persons suffer indigestion by neglecting to resort to slight nutriment between breakfast and dinner, a biscuit and

a little sherry and water or fresh table-beer will recruit the stomach, and prevent any unpleasant feeling of fulness from late dining. It has been said that the best time for dinner is—for a rich man, when he can get an appetite; and for a poor man, when he can get food. Notwithstanding this, authors on diet lay down rules and regulations for our guidance, some of which it will be necessary to notice.

Dr. Paris maintains that if the pain of hunger be not relieved by those who have been long habituated to take food at a certain time, it is apt to cease till the period for taking the following meal shall recur, or until other habits shall have been formed. As these periods must vary in every individual, according to the powers of digestion, the degree of exercise taken, and the quality of the food, it frequently becomes necessary in civilised life to have recourse to intermediate meals, or luncheons. To persons, however, in search of health, or those who have suffered more particularly from indigestion, such indulgences cannot be permitted. I have given at some length the opinion of Dr. Paris. He also tells us that no little mischief has arisen from Dr. Temple's aphorism, that the stomach of an invalid is like a school-boy, always at mischief unless employed. Dr. Thomas, Dr. Paris, and Sir Anthony Carlisle—each of these learned men advocate

early meals for the maintenance of health—that is to say, breakfast, at about eight or nine o'clock in the morning; dinner, at two or three; tea, about seven in the evening; and, generally speaking, avoiding suppers. I have, however, known suppers to be of service—I do not mean a meat supper, but a light supper—for those who are regular in their meals at these stated hours. For the aged more particularly such a refreshment is rather necessary than otherwise.

Sir Anthony Carlisle assures us, that if these hours be resorted to for meals, luncheons will be rendered superfluous—and he denominates luncheons on all occasions as an equivocal entertainment. I cannot think the hours for refreshment at present adopted by the Aristocracy injurious, provided what I have suggested respecting too long fasting be attended to—and there is certainly less wine drunk by those who dine at a late than at an early hour. Habit has, however, so much to do with the hours at which meals are partaken of by different individuals, that it is impossible to lay down precise rules on this matter. I have given the reader the opinions of very learned men on the subject, and he cannot be wrong in adopting them. I must also observe, that they all prefer liquid breakfasts to solid ones, unless the individual has to encounter labour and dines late.

CHAPTER VI.

ON THE FOOD BEST SUITED TO MAN.

Man, being an omnivorous animal, is capable of subsisting on aliment of every description. Notwithstanding his omnivorous nature, however, it has been contended that he is an herbivorous animal—or, at least, as much so as a carnivorous one. Hence arises the great advantage of his diet being partly animal and partly vegetable. That man is omnivorous is evident, possessing, as he does, instruments capable of procuring, masticating, and digesting all descriptions of food. It is likewise evident that he can subsist in health and strength on flesh or vegetables only, although much more to his advantage on a mixture of both. Man's frame and nature are stronger and more flexible than those of any other creature; hence he can dwell in all situations on the surface of the globe. The neighbourhood of the pole and the equator, high mountains and deep valleys, are occupied by him. His strong but pliant body

bears cold, heat, and moisture, light or heavy air —in fact, man can thrive any where—and, if attentive to his diet, and, above all, were he to avoid the abuse of stimulating fluids, he would run into less remarkable varieties by changing his abode than any other creature.

The subject might be pursued much further; but it is not the intention of this publication to enter fully into it: yet is it an interesting inquiry, which would amply compensate, by the pleasure it would afford us, for any pains that we might take to prosecute it to its fullest extent. With the above capabilities possessed by man, he is subject to many and formidable diseases, and too often with but feeble powers of resisting them; yet as a simple and uniform mode of life is calculated to render him healthy and hardy, it is my intention to inform him how to attain it, as far as my limited information will allow me. It will now, then, be proper to enumerate what has, from experience, been considered to be the most nutritive and of course the most digestible meats and drinks, and also the best manner in which they are to be presented to us. It has been remarked by authors on diet, that all kinds of food, whether animal or vegetable, being converted into blood, the ultimate effect of each will be the same, greater labour being demanded by the digestive apparatus for converting animal than vegetable food into this

fluid, because in the latter case little is required beyond division and depuration, while animal food requires perfect mastication and preparation in the mouth before its descent into the stomach—bearing in mind, that without this salutary preparation, a train of disagreeable sensations is to be overcome. The mixed diet, animal and vegetable, is the most proper and wholesome for this climate, although less inconvenience is felt from vegetable food only than from animal food alone. Those who labour many hours in the day, and others who take much exercise, find it necessary to resort to the mixed diet, animal and vegetable. How wholesome vegetables are—indeed, how essential to health—is illustrated from the following circumstance:—Scurvy raged to such an extent at the commencement of the seventeenth century, as to have occasioned a dreadful mortality. At that period, the art of gardening was not well understood, and the at present common articles of the kitchen-garden—brocoli, cabbage, &c. were not cultivated. Since the use of these vegetables has become general, and has produced such a salutary change in our diet, the scurvy is unknown—indeed, the disease is different, and more tractable in its nature amongst our sailors, than at the period stated above. Dr. Paris attributes the change entirely to the general adoption of vegetables with our food.

CHAPTER VII.

THE SUBJECT CONTINUED.

The texture of animal food being influenced by age, sex, habits, and description of death of the animal which furnishes it, let us make a few inquiries respecting the most wholesome and digestible food. If we are in robust health, and the food be properly prepared by cooking, the stomach will digest all descriptions of food. It is for the consideration of invalids to select that species of animal food the most easy of digestion, and consequently capable of affording nutriment without incommoding the stomach. When dried and burnt up by over-cooking, the nutritious parts are destroyed. Mutton is the best meat for easy digestion; Veal the least so. I cannot look at the labouring people, and see how speedily they return to work after their meals, strengthened and invigorated by what they have taken, without commending the sagacity of the late Mr. Cobbett, who insisted upon it that Bacon was the best meat

for those who encounter hard work. Bacon certainly requires less energy of the stomach to digest it than other meats. Two flitches of Bacon upon the rack of a labouring man, tend more to keep him from poaching and stealing than whole volumes of penal statutes: they are also great softeners of the temper, and promoters of domestic harmony. Let us hope that we shall ere long find the labouring people enabled to keep their pig as formerly, and Mr. Cobbett's prediction tested—which is, that when, as formerly, they are in a condition to keep their pig, the next meliorating step will be to brew their own beer. Should we see this become general, then adieu to legislation about beer-shops and emigration. It is quite certain that the fat of Bacon agrees much better with the stomach than other animal fat. The utility of a fat rasher for bilious patients at breakfast is founded upon its laxative qualities and easy digestion, and it is recommended by the first physicians in this country. Dr. Paris considers the best manner of cooking meat to be broiling. The sudden browning of the surface prevents the evaporation of the juices of the meat, and imparts tenderness to it. This is the form selected as the most eligible for convalescents. Roasting is the next best method to broiling, provided the meat be not overdone. Boiling is the next mode to roasting; and the most objection-

able of all is frying. The heat in this latter process is applied through the medium of boiling fat, which renders the meat empyreumatic, or, in other words, imparts to it a burnt smell and taste, thus making it extremely likely to disagree with the stomach.

Patients who have recovered from painful and protracted disease appreciate the value of Venison —Hare, particularly if hunted—Partridges, Pheasants, &c., when kept a proper time, since the stomach requires but little energy to digest food of this description. It is unnecessary to dwell for any length of time on their beneficial effects in the restoration of health. Game, when prepared for invalids, should be eaten before incipient putrefaction commences.

Popular writers, who have instructed us on diet and regimen, have attempted to fix the quantity of food which ought to be appropriated to each meal. Mr. Abernethy, who is of opinion that a life of regularity and temperance will frequently preserve those for years who are of a delicate constitution and far advanced in age, eulogises the perseverance and wisdom of Lewis Cornaro. This Venetian had been addicted to a life of intemperance up to his fortieth year. The consequence was, that a heavy train of infirmities invaded him, and made great havoc on his constitution. He in vain tried every remedy suggested

for his relief, till, at last, he entered on a life of the strictest temperance, by which he regained his health, and lived to a very advanced age, free from disease, and enjoying buoyant spirits. Mr. Abernethy recommends every one to read Addison's Spectator, where they will find the capabilities of Cornaro, after he had resolved upon leading a new life.

CHAPTER VIII.

ON CONDIMENTS.

If you search for the word Condiment, you will find that it implies a seasoning sauce. This expression is vague enough; for Condiments include all those substances which add relish to food. They do not alone nourish the system, but, in concert with animal food, promote digestion, and in many instances correct its deleterious properties. The necessity for these agents in our diet is universal.

Salt is a necessary and universal stimulus to all animated beings; and its effects upon the vegetable as well as the animal kingdom are well understood by agriculturists. It affords a natural stimulus to the digestive organs of all warm-blooded animals, and one of the ill effects of unsalted diet is the generation of worms. There are cases published of those, who, having had a natural antipathy to salt, had been infested with worms during the whole of their lives. In short, it were

useless further to dwell on its necessity. Salt, then, is a condiment, and the most necessary of all. Others follow in succession—Mustard, Cayenne pepper, common pepper, ginger, cloves, horse-radish, onions, &c. are included in the list. Oil also is ranked as a condiment. Vinegar, in small quantities, being a grateful and wholesome stimulant, and calculated to check the chemical fermentation of certain substances in the stomach, is an excellent condiment.

The aromatic Condiments include parsley, thyme, sage, garlic, leek, and mustard. It is said that some of those just enumerated are unnecessary, and are not intended by nature for us, being heating and stimulating. It is certain, however, that they are all extremely wholesome, when judiciously used, and conduce to our comfort. Oil is a particularly useful condiment as a seasoning to salads, since it prevents their running into fermentation, and obviates flatulency.

CHAPTER IX.

ON DRINKS.—SPIRITS AND FERMENTED LIQUORS.

Spirits, in every form, are denounced, not only as unnecessary to the healthy, but as the prolific sources of the most painful and fatal diseases: in short, it is affirmed, that an act of hostility was committed against our nature by their discovery, and that every apartment devoted to the service of the glass may be regarded as a temple set apart for the performance of human sacrifices. Notwithstanding this lofty announcement of the injurious effects of spirits, we are assured by Dr. Paris, that it is mere rant and nonsense, and is a striking specimen of the fallacy of reasoning against the use of a custom from its abuse. Good wine, taken at seasonable hours, is beneficial. Ardent spirits are regarded as sources of ruin and demoralisation. The fatal effects of dram-drinking are daily depicted in the public journals; and although the habit is less prevalent than formerly—caused, no doubt, from its being

justly censured in the lectures delivered at mechanics' institutions, and from an advancement in education—yet it exists at the present day to a certain extent in large towns and cities. All spirits, if taken to excess, shorten human life; and it is certain that they can be readily dispensed with. Brandy, in moderation, is considered to be the least injurious spirit; Gin ranks next, since it speedily leaves the system; while Rum, if new, is regarded as the most pernicious. Our sailors are allowed daily a liberal quantity of this latter spirit; and from the good health many of them enjoy, and the extended period of life to which they attain, I do not see how this spirit can be considered more injurious than the two former. Brandy is now and then ordered by the physician; and since some individuals cannot digest water, and dislike beer, a very small quantity added to water may, under these circumstances, be allowed. I cannot omit, however, giving here the result of a few experiments on the inferior animals by Sir Benjamin Brodie, which must convince every rational being of the health-destroying effects of spirits to all of us. Sir Benjamin Brodie injected some proof spirits into the stomach of a rabbit: in five minutes it lay motionless and insensible. The pupils of the eyes were extremely dilated: there were also convulsive motions of the extremities. The respiration was laborious, and the animal finally

died at the end of an hour and fifteen minutes. In further experiments on other animals he invariably found the stomach highly inflamed from alcohol. The symptoms produced on the brain and nervous system generally from excess in brandy or other spirits, are analogous to those caused by injuries of the brain.

Wines, the name which is especially applied to express the fermented juice of the grape, would not be in such request but for the alcohol they contain: that is to say the rectified spirit. Sherry and Port Wines, when good, used in moderation, conduce to health and strength. With a fish-and-meat dinner, drink Sherry; with meat only, good Port.

Dr. Paris terms Beer Vinum Britannicum, and Dr. Franklin says, happy indeed is that country the population of which drink it, as our countrymen do, to the exclusion of spirits. Very strong beer, say twelve bushels to the hogshead, which is as much of the nutritious matter of the malt as the water can absorb, requires for those who drink it the hardest exercise, and scarcely any hard day's labour will be too much for a man who consumes two pints in the course of a day. Without labour or plenty of exercise, it fills the vessels of the head, producing sleep and inaptitude for exertion. With hard work, it supports us, and gives us strength to encounter it.

Fat Ale is another kind of beer, containing about five bushels of malt to the hogshead of

water. This beverage requires labour for those who indulge in drinking it; it may then be drunk without head-ache, white tongue, or any inconvenience.

The best malt beverage of all is that called Small Beer: it is nutritious and wholesome, easily digested, and can be drunk in larger quantities than the two former. Its dismissal from the tables of the great is to be regretted, as it is much more wholesome than its more costly substitutes. Mr. Cobbett has given us admirable instructions for brewing this Beer in his "Cottage Economy," a book which I should rejoice to see in the house of every labouring man. Good bread and bacon, with a sufficiency of this Beer, is what would render the labourers contented and happy. They may yet, it is to be hoped, obtain them. Potatoes and salt render them weak and discontented: the latter, however, is not their fare in this county.

Porter is very wholesome. The colouring principle is made of treacle, prepared for the purpose by boiling for a very long period. It is an allowed mixture, and contains sulphate of iron—an excellent tonic. The malt used in its manufacture is dried very highly, which renders it less nutritious than beer. The name of Porter was given it from its being drunk by porters in London, and by other hard-working people.

Cider.—Cider, in some constitutions, brings on cramp, and it is not a good beverage for rheu-

matic people. With some constitutions it agrees well: it had better, however, be avoided by those afflicted with the above diseases.

Tea is refreshing, and is a useful beverage. If taken too soon after a full meal, it retards digestion: if taken at the proper period, it is exhilarating. When it disturbs sleep, a very little brandy added to the last cup will prevent this inconvenience. Mr. Cobbett much condemns its use among the labourers. He says its effects are to enliven the spirits for a short time, and then cause a corresponding depression. He was addressing a class who did not often eat animal food.

Coffee, if taken soon after a full meal, does not create disturbance to the functions of digestion: on the contrary, it accelerates the process. Coffee imparts activity to the mind; so much so, as to lessen the inclination to sleep. A very small quantity of brandy, taken with or immediately after the last cup, is a good remedy for this—one of its effects.

Cocoa.—Dr. Thomas recommends Cocoa for breakfast to all whose stomachs are weak, and attributes to it considerable restorative powers, when boiled with milk.

Chocolate.—The Chocolate of America or the West Indies is infinitely superior to that manufactured in this country. It is a strengthening beverage, and is recommended to be taken at mid-day, as a luncheon.

CHAPTER X.

THE SUBJECT CONTINUED.

A SIMPLE and uniform mode of life is calculated to render us healthy and hardy, and consequently less liable to be overtaken by disease than delicate and weak persons—and, when assailed by disease, more capable of resisting its ravages. We are not to be deprived of the pleasures of society or of generous living, nor is its adoption calculated to deteriorate from our enjoyments, but, on the contrary, will incalculably add to them. We are not to forego Wines entirely, by the recommendation of Mr. Laurence, but to drink them, in moderation, if we have been accustomed to them—but not without exercise. Wines partaken of every day, in many constitutions produce satiety. Beer, particularly that kind of fresh beer introduced at table, does not have this effect: it is a grateful and wholesome beverage—is, from its pleasant bitter, a good tonic—is highly useful in promoting digestion—and is not strong enough

to fill the blood-vessels of the head, or induce intoxication. It is sufficiently stimulating, and I do not know that constitution which this fluid will not agree with. Sydenham drank this sort of beer constantly, as a preservative against gravel. This description of beer may be partaken of liberally by those who enjoy smoking. It will not render the tongue white, or induce head-ache, which stronger beer does; and it is, as I have before remarked, a most wholesome drink. Enough has already been stated respecting the health-destroying habit of spirit-drinking. If a man wish to be free from disease, he must refrain from the daily practice of drinking any description of spirits. A man in perfect health may justly be called the lord of the creation. By his intelligence, animals are subdued, tamed, and reduced to obedience; by his labours, marshes have been drained, rivers confined, their cataracts effaced—forests cleared, and the earth cultivated; by his reflection, time has been computed, space measured, the celestial motions recognised and represented—the heavens and the earth compared. He has not merely executed, but has executed with the utmost accuracy, the apparently impracticable tasks assigned by the Poet—

> Go, wondrous creature, mount where science guides;
> Weigh air, mete earth, and calculate the tides.

I shall leave the representation of the same being, who has lost his health, activity, and animal spirits by intemperance, to those authors who give their appalling description—first, of the diseases induced by habits which have produced them—and then suggest remedial measures for their cure.

CHAPTER XI.

ON BACON AS AN ARTICLE OF FOOD.

That which we easily attain, we but lightly prize: dearness and difficulty in the attainment of any desirable object alone render it truly valuable. Those who enjoy uninterrupted good health do not estimate it so highly or so truly appreciate its blessings as others who attain it after acute pain and protracted illness. Again, men who fracture and dislocate their limbs in consequence of accidents, estimate the incalculable advantages of loco-motion during their future existence much more than those who pass through life without such accidents.

Although we may admire the resolution of Lewis Cornaro, who allowed himself twelve ounces of food only daily, and returned to pure water, we may enjoy sprightliness and the most vigorous health without weighing the food or guaging the fluids. The miscellaneous mixtures of which we partake are the things that oppress the stomach,

and produce indigestion. The labourers, who live day after day on bacon, if they obtain enough of it, with good beer, of the kind which I have so justly extolled, escape those diseases which overtake the luxurious in diet—in short, bacon, generally speaking, agrees well with most constitutions. A labouring man, after a full meal of it, returns to his labour strengthened and invigorated; and how seldom do we see him suffer from gout, flatulence, or, in short, any of those disorders induced by luxury!

If, then, a bacon dinner be the best for health, what is considered the worst? Soup, from the nature of the operations requisite for its completion, demands a sound stomach to digest it; and it is remarked, that a man who eats a tolerable quantity of soup at dinner, gets on but feebly with the other good things afterwards presented to him. Now and then this is the case; yet many guests will after soup eat salmon and lamb, or some fresh meat, with a good proportion of vegetables, some tart, a jelly or two, a fair allowance of bread and cheese and salad, sometimes cucumber, and a glass of stout effervescing porter or good ale, without apparent inconvenience. After such a generous and full dinner, what next is to be taken? Why, conclude with a little brandy. This stimulus reconciles the stomach in some measure to the load it has received, and I believe digestion will be

easier perfected with than without the brandy. At the same time, the brandy should not be taken till after the sponge-cake, if any of this cake is to be partaken of. The French would introduce their liqueurs: I am for the brandy, although the practice is condemned, thinking that it will be of service after such a dinner as I have described—which Mr. Laurence calls a monstrous mixture—but which it is more becoming in me to denominate a miscellaneous mixture. It is hardly necessary to say, that this extreme point of high living, equally with the extreme point of low living—potatoes and salt—will, if persevered in, produce disease, although quite of an opposite nature.

CHAPTER XII.

ON HOME-MADE BREAD.

The middle class of society enjoy the best health, where there is in this, our class, what there always has been, and always will be, a sufficiency of good and wholesome food and fluids afforded us, and which, from our habits of business, can scarcely be abused. I do not say that there will be an absence of disease by the practice of moderate diet, conjoined with abstemious and industrious habits; but this I say, that it is our interest and duty to take care of our constitutions; that it is to be ungrateful to Providence not to endeavour to do so; and that to head-ache, low spirits, flatulence, and inaptitude for labour we shall be strangers, if the principles I have inculcated be adopted: and I am quite sure that no rules have been suggested likely to abridge any of our rational enjoyments.

The article of Bread is a most important one. Many people, indeed, the majority, in the rural districts, make their own Bread; it is consequently

unnecessary to enlarge on the injurious effects of impure bread on digestion. Potatoes and other ingredients have, in London, been discovered in bakers' bread: it is not, however, to be credited that any class of men would venture to introduce into it such an unwholesome and astringent drug as alum. The taste would detect it, and its injurious effects would speedily occasion an outcry against the individuals using such a material, so that they would not only lose their custom, but their character. Alum is very injurious, and bread that contains it is certain to produce obstinate costiveness. The making of bread is now understood by every servant, and this article, so necessary to our existence, is—I mean home-made bread—as a consequence sweet and good. Potatoe bread, although much inferior to the bread of wheaten flour, is much more wholesome than the very whitest which contains the least particle of alum. The finest is not more nutritious than coarser flour; and what is called bran bread possesses this great advantage, that it will remove habitual costiveness. Every one acknowledges the superiority of home-made to bakers' bread. Good bread and meat, including cheese, butter, and eggs, are all conducive to health and strength—and as to ale, after the waste of the system consequent on labour and exercise, it is a fluid that we cannot do without.

CHAPTER XIII.

A CHANGE OF DIET CONDUCIVE TO HEALTH.

The question as to what is the natural food for man has been much agitated, from the circumstance of the diversity of substances composing the catalogue of human aliments offering so strong a contrast to the simple diet of most other animals, who in their wild state are confined to one kind of food, either animal or vegetable, and are often restricted to some small part of either kingdom. Hence it has been conceived that man also ought to confine himself to one sort; that he probably did so in his natural state; and that the present variety in his bill of fare is the consequence of degeneration or departure from nature.

We cannot be too grateful for our liberal bill of fare; and Sir Anthony Carlisle is right when he says that a continuance in one kind of food, even for a very limited time, is offensive to the stomach; while Mr. Laurence insists upon it that it is the free and liberal use of every kind of

wholesome food which affords us health, and that it is the abuse alone of these things which destroys it. Vegetable food alone is not indicated by nature. Were a man, who is engaged in active employment, or who is to live by his labour, totally to abstain from flesh meat, he would not in this climate exist or multiply. Abstinence from flesh would, under these circumstances, enfeeble nature. To preserve himself in proper plight, man not only requires the use of solid nourishment, but that it should be varied. To obtain complete vigour, he must choose that species of food most agreeable to the constitution; and as he cannot preserve himself in a state of activity but by procuring new sensations, he must give his senses their full stretch, and eat a variety of meats, in order to prevent the disgust arising from an uniformity of nourishment.

The late Mr. Abernethy entertained similar opinions with the two former gentlemen, that a change of diet was agreeable to our constitutions and conducive to health. Many diseases were, he thought, occasioned by over-eating, or what he termed improprieties in diet, particularly the following:—in the first place, those disorders which have a continuity of surface with the alimentary canal—namely, diseases of the nose, mouth, throat, and tongue; secondly, erysipelas, carbuncle, noli me tangere, rheumatism, hypochon-

driasis, head-ache, and tic-douloureux. He attributed all the above disorders to deranged secretions, and affirmed, that as soon as the secretions were rectified the sufferers would recover. How correct Mr. Abernethy was in his opinion is known to all medical men. The individual who has done the most for the advancement of science is generally the last to assert his pretensions, and is ever ready to allow the merits of others before his own. This was the amiable character of Mr. Abernethy, and his great loss will be ever regretted by the profession and by the community at large.

CHAPTER XIV.

OCCASIONAL ABSTINENCE A CURE FOR EXCESS IN DIET.

It is hardly possible for any one, however robust, to persevere in the full diet described under the term of "Miscellaneous Mixtures" at dinner without being attacked with some inflammatory disease. Abstinence being the cure for excess, whether in eating or drinking, the most simple food, and that sparingly partaken of, is the remedy to ward off illness after dining once or twice a week on the generous diet described in a former Chapter. Avoiding meat altogether one day in a week is a comfort to the system which can only be appreciated by those who adopt it. A man whose spirits are depressed from repletion sees every thing differently from others. All goes wrong with him.

> Who never fasts, no banquet e'er enjoys;
> Who never toils or watches, never sleeps.

The man who wishes to live long, be healthy,

and die, not by corporeal sickness and mental distress, but by mere dissolution or a long course of years, must, as he advances in life, live regularly, and be temperate in his habits. He cannot otherwise expect to enjoy the fruits of such a life, which are almost infinite in number, and each of them of inestimable value. Lewis Cornaro, after he had reformed his intemperate habits, was, at the age of 100, capable of mounting his horse without assistance or advantage of situation, and could ascend a flight of stairs and climb a hill on foot from bottom to top with the greatest ease. He did not find his life burdensome, but spent his days with delight and pleasure, associating with intelligent friends, and spending his leisure hours after his exercise in reading and writing. Instead of purgative medicines, adopt a banyan-day or two as a remedy for repletion. You will find this safe and easy, and generally attended with a radical cure. If the bowels are regular, there is no occasion to disturb them by medicine. The fast-day and plenty of exercise will add strength to the body and buoyancy to the spirits.

Sir William Temple terms temperance the tutelar goddess of health and universal medicine of life, that clears the head, cleanses the blood, and relieves the stomach and bowels — that strengthens the nerves, and enlivens the heart.

Any man may acquire a perfect knowledge of

his constitution, and ascertain to a certainty the kind of food and fluids which agree with him. In regulating his diet, he may place a safer reliance on his own judgment than he can on his doctor's, let the doctor be ever so skilful. Dr. Thomas was of opinion that the relief afforded to those of very full habit by the banyan system may induce them to persevere in it too strictly. I have no fears of this kind.

CHAPTER XV.

THE EVILS OF DRAM-DRINKING.

The secretions of the digestive organs have been carefully analysed by chemists. A detail of their properties would be uninteresting to the reader. The properties of bile and the gastric juice have been already noticed; but it may not be amiss, at the risk of repetition, to remark once more, that those of bile are to change the nutritive part of chyme into chyle, and that this secretion is vitiated by dram-drinking to an extent which manifests itself by the yellow hue of the countenance in those who indulge in the destructive habit. This vice is certainly less prevalent than formerly. May it continue to decrease! Secretion occurs with such facility, that the smell of food will fill the mouth with saliva. Absorption quickly follows. As a proof of this, cases are published of patients being reduced to the very lowest state from disease — so much so, that broth or any other nutriment has

been rejected by the stomach—yet they have been preserved by immersion in milk and broth baths. Again, opium has been rejected in its better forms, that, for instance, of black drop, one of the best, yet sleep has been induced by the friction of opium over the wrist.

When such remedies as the above are resorted to, the sufferers must of course be in an indescribable state of debility, yet, as they have been adopted with advantage, I notice them. Such remedies will not be required, if we pay the least attention to the rules and principles I have endeavoured to inculcate. These easy and practicable rules will ensure you health and spirits; and if you have both, you enjoy that which sick Kings and Queens would gladly purchase with their diadems—that which wealth cannot command, nor state or rank bestow.

CHAPTER XVI.

THE ADVANTAGES OF EXERCISE AND FRESH AIR.

Exercise is so generally adopted, that it is scarcely necessary to say a great deal in favour of its advantages. The man who is under the necessity of earning his daily sustenance by the sweat of his brow, if he live tolerably well—say, the living which a day-labourer ought to have, and will be contented if he get it—good bread and bacon every day, with the change of fresh meat of a Sunday, including a sufficiency of ale with and after his meals—such a man generally enjoys the best health—that health which makes his bed easy, and recruits his tired limbs by sound repose. Let us be ever so attentive to our regimen, we cannot keep ourselves healthy if unaccompanied by exercise. There is no substitute for this salutary personal management. Indolence impedes the organic functions, destroys the health and spirits, corrupts the mind, and induces those diseases which it is not my purpose to describe.

The catalogue enumerated by physicians is long and gloomy, commencing with diseased body, and winding up with torpidity of mind. How different is the condition of the industrious man, who is rewarded for his toil with a tranquil mind, accompanied by sound and refreshing sleep! The decree of the Almighty, that man should earn his bread by the sweat of his brow, is in our present state of existence a blessing. When exercise is totally neglected, the whole machine falls rapidly to decay: by it, we ensure pure atmospheric air, so congenial for the purposes of respiration and animal life. Air also being the medium by which life is supported, it is essential to pay some attention to its purity. Of all the ways in which this fluid becomes corrupted, and rendered unfit for respiration, there is none which affects it more in this way than those instances where many people are confined in an ill-ventilated apartment with fires, and a number of lighted lamps or candles. Air in this heated state soon becomes unwholesome, being deprived of free circulation, and thus rendered totally unfit for respiration. Delicate people should not, if possible, even visit such places, as they are very apt to faint or become sick. Dr. Thomas contends that the formation of church-yards in the middle of populous places is a pernicious custom—a custom that is now much diminishing, and will in a few years be abandoned

altogether. He maintains an opinion that it has a tendency to taint the air, and that, if inhaled, it must produce disease. Gas arising from coals in the house being injurious, it is recommended to use the innocent gas from peat, instead of coals, in cases where the former article is procurable. Some persons may, however, be induced to think that the objection made on this score to coals is hardly tenable.

CHAPTER XVII.

VARIOUS SUGGESTIONS FOR THE PRESERVATION OF HEALTH.

Free discussion and free inquiry on every subject, whether they appertain to medicine or surgery, anatomy or physiology, appear to be universally encouraged in the present day. If, then, I should venture with respectful deference to differ from the Father of Medicine, I shall subject myself neither to fine nor imprisonment. The Father of Medicine, Hippocrates, affirms that if a man eat and drink sparingly, and leave the festive board with an appetite, and a disposition to drink more than he has already done, such an one is certain of bringing no disorder on himself; and that, unless he do as above directed, his penalty will be disease. Now the Father of Medicine must have known that these precautions will not prevent disease from assailing the system; at the same time that it must be confessed that such a regimen is an antidote to gout, and an excellent one also for the prevention of apoplexy and many

other diseases calculated to shorten life. Again, those who live as Hippocrates recommends will recover from formidable diseases with more ease and certainty than those who are regardless of their mode of living. Thus, although we cannot hope, by rigidly adopting such good instructions as are here suggested, altogether to escape sickness, we shall assuredly do all in our power to prevent it, and have the satisfaction of reflecting that it is a visitation which we cannot avoid.

A sufficiency of good food, raiment, and warmth is absolutely necessary for the maintenance of health. Excellent fuel institutions are in several parishes supported by the affluent for the advantage of their poorer neighbours. Coals are purchased at cost price about Midsummer, which price is about a shilling the hundred weight. A convenient place is procured for the store, and they are served to the poor at this moderate and cost price, thus enabling those who are provident to lay in a winter stock. In November, 1839, coals were sold at the enormous price of twenty pence the hundred weight, and many suffered severely from a deficiency of fuel, the price being far beyond the means of those who most required warmth and comforts. The approaching winter is now anticipated, and the poor people will reap the benefit of the kindness and consideration of their wealthier neighbours.

Perhaps these remarks may be thought irrelevant in a work of this description; but as many diseases, particularly acute rheumatism, attack those who are exposed to cold, and are destitute of warmth at home, the remarks, I think, belong to the subject: besides, who would leave a good fire at home, in winter, for an ale-house fire?

Changeable as our climate is, it is justly considered a healthy one. It is true we cannot be clothed for all varieties of season, yet we can adapt our clothing to the weather at the different seasons of the year and our period of life. The healthy, being enabled to endure cold better than the weak and delicate, may clothe lighter. In this respect, we must judge from our constitutions which clothing is best adapted for us. One rule, at all events, should be particularly attended to, which is, to protect the body by any thing we wear from obstructed perspiration. In very hot weather we must be cautious, if over-heated, in throwing off a portion of clothing, a practice frequently attended with the worst results.

It is recommended in warm climates to wear waistcoats made of cotton, instead of covering the surface of the body with flannel. Knowing little of warm climates, I cannot judge of the soundness of this recommendation; but this I know, that in our climate we cannot, if we have been habituated to wear flannel, leave it off for cooler and lighter

clothing without risk of cough or acute rheumatism; and I have known many who have tried the experiment glad to resume the flannel in a very short time. Every one knows from experience, and is of course the best judge for himself, what is the proper quantity and what kind of clothing suits his constitution best. However strong the constitution may be, it is soliciting disease, after getting wet, to dry the clothes on the body before a fire. It may be done perhaps once or twice without inconvenience; but such a plan cannot be persevered in without the greatest risk of life. I believe that lying down in bed and sleeping in wet or damp linen has destroyed many valuable lives. We now seldom hear of people being subjected to damp sheets and bedding. Dr. Thomas knew in his day of many patients suffering the severest illness even from neglecting to change wet stockings: how much more certain must illness follow from wet clothes covering the chest and bowels! These observations may be considered almost useless; for who amongst us is there that has not too high a regard for his health to solicit disease by neglecting to throw off damp and substitute dry clothing as soon as it can possibly be accomplished?

CHAPTER XVIII.

ON THE BENEFITS OF BATHING.

An admirable little work was published a few years ago, entitled "Hints for the Preservation of Health." The advice given respecting cold and warm bathing I would, if I had the book, insert in this Chapter. It recommended daily ablutions, particularly of the head—for young people in cold, for the aged in tepid water. Such a practice will prevent our taking cold, and render us hardy. The time for cold bathing is twelve o'clock at noon, after the sun has been on the water some hours, and not very early in the morning, when the water is too cold.

The effect of cold bathing at twelve o'clock is so salutary, that it is rather surprising it is not more generally resorted to during the summer months. It refreshens and strengthens the system, and enables us to go through a long day comfortably, let the weather be ever so hot. The sedentary will find it of more service than tonic

medicines, and the active will not complain of fatigue. It certainly has the effect of exhilarating the spirits. If we are far from the sea, a good running stream of fresh water answers very well. In the winter, ablution with salt and tepid water effects for us what the cold does in summer. It may not be amiss to state, that if the bowels are costive, bathing should not be resorted to without previously taking some simple aperient medicine, since under these circumstances by plunging in water the blood will be driven to the head, which will occasion the individual to suffer from headache, and may set him against accustoming himself to bathing altogether. Cold bathing, we are informed, does not suit every constitution. It will not, of course, do for those far advanced in life, where the circulation is languid, and reaction on the surface of the body does not follow it. If after bathing a genial warmth pervade the body, with increased vigour, we may rest assured of its beneficial tendency. On the contrary, if a cold and chilly sensation remain for some time afterwards, then it had better not be persisted in. Tepid bathing should in that case be tried, which will to a certainty be found to agree with all constitutions, whether in the young or in the old.

CHAPTER XIX.

ON THE PRACTICE OF SMOKING TOBACCO.

I am frequently asked if smoking tobacco be or be not injurious? It is offensive to some constitutions, and when, after a few trials, it induces giddiness and a white tongue, both of which some people experience from it, the best way is to give it up: it has been tried, and it does not agree with the temperament of the individual. For myself, I consider smoking wholesome. I do not go so far as some, who maintain the opinion, that it is an antidote to infectious diseases, because I have known those who smoke daily as subject to diseases of this nature as others. The tranquillising effect of a pipe was well understood by the late Mr. Erskine, who wrote a beautiful song on the subject. The weed itself, notwithstanding its powers of fascination, has suffered romantic vicissitudes in its fame and character. It has been opposed and commended by physicians, condemned and eulogised by priests, proscribed and protected

by governments—and at last it has succeeded in diffusing itself through every climate, and subjecting the inhabitants of every country to its dominion. The Arab cultivates it in the burning desert; the Laplanders and Esquimaux risk their lives to procure a refreshment so delicious in their wintry solitude; grant the seaman but this luxury, and he will endure with cheerfulness every other privation, and defy the fury of the raging elements; and in the higher walks of civilised life, at the shrine of fashion, in the palace and the cottage, the fascinating influence of this singular plant commands an equal tribute of devotion and attachment. Upon the whole, as the vapour of tobacco is a laxative, smoking may be considered wholesome. Take care that the teeth, which in health ought to be white, do not become of a yellow hue, by neglecting to brush them well with a hard tooth-brush and plenty of cold water, and rinse the mouth every night before going to bed. The practice of smoking was once much condemned by that portion of the community which constitutes the charm and delight of society.

The following is Mr. Erskine's Song on Smoking Tobacco above referred to:—

> This Indian weed, now wither'd quite,
> Though green at noon, cut down at night,
> Shows thy decay—all flesh is hay:
> Thus think, and smoke Tobacco.

The pipe, so lily white and weak,
Does this thy mortal state bespeak:
Thou 'rt even such—gone with a touch:
Thus think, and smoke Tobacco.

And when the smoke ascends on high,
Then thou behold'st the vanity
Of worldly stuff—gone with a puff:
Thus think, and smoke Tobacco.

Thou seest the ashes cast away,
Then to thyself thou mightest say,
That to the dust return thou must:
Thus think, and smoke Tobacco,

And when thy pipe grows foul within,
Think on thy heart defil'd with sin,
For then the fire it doth require:
Thus think, and smoke Tobacco.

In vain th' unlighted pipe you blow;
Your pains in outward means are so,
Till heav'nly fire your heart inspire:
Thus think, and smoke Tobacco.

Was this small plant for thee cut down;
So was the plant of great renown,
Which mercy sends for nobler ends:
Thus think, and smoke Tobacco.

The promise like the pipe inlays,
And to the mouth of faith conveys
What virtue flows from Sharon's rose.
Thus think, and smoke Tobacco.

The smoke like burning incense tow'rs;
So should the praying heart of yours
With ardent cries surmount the skies:
Thus think, and smoke Tobacco.

CHAPTER XX.

IMPORTANCE OF PAYING ATTENTION TO THE STATE OF THE TEETH.

Dr. Thomas and Sir Anthony Carlisle, after cautioning their readers as they advance in life in regard to diet, give it as their opinion, founded on experience, that at the age of sixty or thereabouts the period has arrived when senility commences. Although only a "Village Doctor," I venture to differ with those gentlemen in this respect. The instruments supplied us for tearing and masticating the food gradually fail, and we are consequently to be more cautious in the selection of food and the cooking of it when the teeth are decaying than when they were in a sound state; but the stomach itself does not suffer a diminution of its digestive powers at the age of sixty. Then, again, the intellectual faculties at this period of life are clear and strong. Judgment is matured—lawless imagination is checked—and reliance on the opinions and discretion of healthy individuals at the age of sixty is awarded to them

by all mankind. Though our long infancy is amply compensated for by a corresponding longevity, if senility and its diseases assail us at sixty years old, we are indeed poor creatures. If, however, we are careful and temperate in our habits, the age of sixty, and long after, will afford us as much comfort, and life will be enjoyed with as much sprightliness as it was years before.

It is universally acknowledged, that few virtues are of more importance to society than general habits of cleanliness, which should be cultivated every where, and among all ranks of people. How applicable are these remarks to the preservation of the teeth, which are in many people at sixty sound and firm! To preserve them in this state, we must not rest contented with cleaning them in the morning only: the same attention is requisite at night, particularly as particles of meat will be removed by cleaning them after meals, which, if allowed to remain till the morning, become putrid, and cause their early decay. I must be excused for dwelling at some length on the way to preserve the teeth, as their healthy state is of the utmost importance. Sir Anthony Carlisle attributes several diseases of a distressing nature to the gradual decay of these instruments, and says that when they are diseased solid food cannot be partaken of without the risk of producing indigestion. He further states—these are his words—

"If the teeth are unsound, and many of them are lost in consequence, meals difficult of solution must be avoided, and the food be adapted to the chewing instruments. In this state of decay, it ought to be minced or prepared in some manner to meet their defects." I cannot refuse this opportunity of giving Sir Anthony's advice to the aged. Temperance may be carried so far as to border on abstinence—or it may be erroneous, and directed to wrong objects. Excessive abstemiousness is seldom conducive to health, because a copious supply of fresh and wholesome material seems to be and is peculiarly needful for the aged, whose bodily offices are evidently becoming less perfect: consequently, abundant and renovating supplies of juices are requisite, especially where the maintenance of a due quantity of blood is precarious, which is the case where the vital operations are enfeebled in the aged.

CHAPTER XXI.

ON SLEEP, AND THE BAD HABIT OF TAKING REPOSE AFTER A FULL MEAL.

When we are in good health, and take care to maintain it by air and exercise, all the functions of life will go on uninterruptedly well; and an adequate renovation being necessary after exhaustion, Nature has wisely determined that this renovation shall be afforded us by alternate periods of sleep. An insufficiency of sleep exhausts the spirits, produces head-ache and anxiety of mind—and, some affirm, moroseness of temper. And then the effects of too great an indulgence in sleep are said to be these—debility of muscular motion, relaxation of the whole frame, stupidity supervening. If all this be correct, it is very evident that sleep requires regulation as well as diet. The hours for sleep are said to be for an adult person in the summer months six hours, and in winter seven hours—too few, I think. I have no great experience on this subject: of this, however, I am certain—that those who take but six or seven

hours' sleep at night, take care to make up for it by sleep in the day; and generally at the worst time, in my opinion, when the stomach is loaded after a full dinner. I am for a rather longer indulgence in bed, and no sleep during the day; but, if accustomed to sleep in the day, let it be tried, as I have more than once said, before dinner, instead of after this meal. From resorting to it when the stomach is comparatively empty, we shall awake refreshened:—just the contrary of this sensation will be experienced after dinner. Anxiety of mind and intense thinking being foes to sound and refreshing sleep, we are instructed to call in the aid of philosophy to banish all anxious thoughts, so as to secure to us the much-wished-for tranquillity of mind. And can we banish anxiety so easily, merely by commanding it to leave us? If we can, it is almost a security against many diseases. Some people are good sleepers. If annoyed during the day, it will not hinder their sleeping well at night. Others, again, cannot sleep although every thing goes on smoothly with them. When in bad health, we are sure to be more affected by trivial annoyances than when all goes well with us.

Prejudiced people cannot sleep. How should they? There is something exceedingly curious in the constitution and operation of Prejudice: it has the singular ability of accommodating itself to all the possible varieties of the human mind. Some

passions and vices are but thinly scattered amongst mankind, and find only here and there a fitness of reception; but Prejudice, like the Spider, makes every where its home: it has neither taste nor choice of place, and all that it requires is room. There is scarcely a situation, except fire and water, in which the spider will not live: so let the mind be as naked as the walls of an empty and forsaken tenement, gloomy as a dungeon, or ornamented with the richest abilities of thinking—let it be hot or cold, dark or light, lonely or inhabited—still Prejudice, if undisturbed, will fill it with cobwebs, and live, like the spider, where there seems nothing to live on. If the one prepares her food by poisoning it to her palate and her use, the other does the same; and as several of our passions are characterised by the animal world, may not Prejudice be denominated a Spider of the Mind?

CHAPTER XXII.

ANIMAL FOOD CONDUCIVE TO HEALTH AND STRENGTH.

Much disquisition and many elaborate works have been written by different and very able men respecting the diet best calculated to keep us in proper health and strength, and secure to us longevity; or, in other words, whether man approaches most nearly to the carnivorous or the herbivorous tribes in his nature, and what kind of food we should assign to him if he be judged of from his organisation only. Physiologists have represented that our species holds a middle rank, in the masticatory and digestive apparatus, between the flesh-eating and herbivorous animals. The structure of the teeth alone is sufficient to prove that we are carnivorous beings. The herbivorous animals are disarmed of canine teeth—a pretty clear inference what kind of food Nature intended for them. The representations of the noxious and debilitating effects of animal food are the mere offspring of imagination. Our own ex-

perience is sufficient to convince us that animal food is consistent with strength of body and energy of mind. This truth is proclaimed by all history. The fact is, many diseases are generated by a too free indulgence in animal food—and very many, perhaps the majority, by an insufficiency of it. There are many other causes affecting human health quite independent of diet. When we are told, again, of our hardy health and happiness in a perfectly natural state, one would think that civilisation was productive of misery!

The most able writer from whom I ever received instruction tells us in direct terms, that this state of Nature, so much eulogised by many philosophers, never has existed; and yet we are to believe, that we have degenerated from our natural state, and that speech, society, arts, inventions, sciences, agriculture, commerce, property, civil government, and inequality of condition have introduced misery, and have debilitated our physical being;—that we should live in the woods scattered and solitary, to enable us to procure sufficient food, protect life by flight and force, and satisfy our desire for sleep. In this publication I have introduced to the reader those authors only whose object it is to instruct us how to be healthy and hardy in our present happy condition—men who do not indulge in the wild and visionary theory of man's happiness in a state of nature, or what Dr. Thomas calls savage life.

CHAPTER XXIII.

VARIOUS SUGGESTIONS FOR THE PRESERVATION OF HEALTH.

I HAVE been reminded, that in the First Edition of this work I treated my readers to a little unnecessary repetition. The remark will in all probability hold good as regards the Second Edition. Notwithstanding this, before I proceed further, I will just take a slight retrospective glance at what I have suggested, and which will, I am confident, if adopted, secure us the most invaluable of all blessings—that of health. It may be shortly stated. Anatomical allusions are, I know, uninteresting; yet, in speaking of the various viscera concerned in digestion, I have been compelled frequently to mention the stomach, liver, and other organs: I could not, therefore, name those organs without alluding to their situation. There can be no disadvantage in the arrangement, though, as I said before, I am aware that it may be considered unnecessary. After all, then, good health may be attained and preserved by early rising,

short post-prandial sittings, air, exercise, cleanliness, proper clothing, and moderation in diet—avoiding those miscellaneous mixtures which Mr. Laurence terms monstrous—a due regard being paid as to sudden changes in the atmosphere, or, in other words, taking care how we leave very hot places for very cold ones without necessary precautions in clothing. Occasional abstinence from animal food is essential, after living well for several days, and taking but little exercise. I look upon this latter rule as of the greatest consequence; but any one who feels heavy with head-ache, will, for his own comfort, resort to so easy a remedy, instead of disturbing his bowels with medicine, without further remarks from me. When ill, take medicine, as you are advised; when well, leave it alone. It is incredible how much comfort is experienced, and how many diseases we escape, by occasionally abstaining from animal food. I have, however, so frequently insisted on the necessity of this privation to keep us in proper plight, that repetition may become tiresome.

Now as to drinking: we must take leave of health, if we mix fluids in the way too frequently practised. Many people will drink grog after wine; others, again, grog after strong beer. I never saw an instance where this habit did not prove injurious, by inflicting a cruel head-ache, a white tongue, and upsetting the individual com-

pletely the next day. Whatever we begin to drink, the best way is to persevere with it: if too much be taken, it will produce less inconvenience than mixing the liquors, which is a very destructive habit. The worst habit of all is that of dining early, drinking strong beer till tea is over, and then commencing with grog. Happily, this is a custom fast declining, to the great satisfaction of every industrious man—and of every one anxious for the welfare of his family.

CHAPTER XXIV.

UTILITY OF ATTENTION TO THE EXCRETIONS AND SECRETIONS.

The Saliva is of so much importance in the great work of digestion, that a few remarks on its properties appear to be requisite. No fluid of the human body is more essential to health than the saliva. It has been supposed by physiologists, that the enormous quantity of twelve pounds is secreted in twelve hours. During mastication and the act of speaking the secretion is augmented, from the medicinal pressure of the muscles upon the salivary glands. This fluid not only assists in dissolving the food, but, by its saponaceous quality, it cleanses and carries off that viscid mucus which clogs the alimentary canal: consequently when this secretion is impeded by disease, the digestion becomes depraved. The saliva is powerful enough to corrode copper and iron. It is too essential to health to be uselessly thrown away in smoking or chewing tobacco; for an insufficiency of it disturbs the con-

coction of the food, and is, as a consequence, sure to induce the disease which this publication was undertaken to prevent—that of indigestion.

The external characters of the alvine evacuations of the body announce the healthy or diseased state of the digestive functions with as much certainty as the pulse does that of the circulation of the blood; the secretion of bile consequently requires attention. This secretion, when vitiated or not duly secreted, becomes obstructed in the liver and gall-bladder. Spirituous liquors drunk daily, and an indolent life, very soon vitiate this fluid, and occasion the formation of biliary concretions in the gall-bladder. These obstruct its discharge into the intestines—and what follows? First, that disease which renders the patient and his or her friends miserable—Hypochondriasis, or low spirits—a disease for which the ancients would endeavour to effect a cure by administering black hellebore. They were right; for they found the effect of this strong drug to be to rid the system of a mass of fetid secretions—and if the patients resolved to lead a different life, they recovered. The next disease occasioned by these concretions is jaundice—then enlargement of the liver—and the curative remedies for these diseases too frequently leave the patients dropsical, or afflicted with some malady which proves fatal.

On the contrary, when bile is too abundantly secreted, and too quickly discharged, the food is deprived of the chief instrument employed by nature in producing chyle, or that milk-like fluid observed, some hours after eating, in the vessels termed lacteal, and from which the blood is formed. Hence digestion is disturbed, and the expulsion of the excrements retarded: constitutional disturbance supervenes, particularly of the fluids—and the sensation of chilliness and other uncomfortable symptoms felt by the sufferer induce the disease I have termed, because all authors so term it, hypocondriasis: it is better known, however, by the name of depression of spirits.

Attention to the state of the bowels need scarcely be alluded to by me. When they are unusually relaxed, something is wrong; some irritation is going on which should be immediately rectified. Do not prescribe for yourself in this state of the bowels: consult your medical attendant. You may otherwise use the very medicines you ought not to take. In the same manner, consult your medical attendant should the bowels be obstinately costive. A medium being desirable for health, let that medium be obtained by good advice, attention to diet, and a due proportion of exercise. Now and then,

diarrhœa is an effort of nature to carry off something morbid in the intestines, and should not be considered as a disease: the safest way, however, in any attack of this kind, is to obtain medical advice; for if checked by landanum or any astringent medicine, harm may be done. On the other hand, if allowed to continue too long, mischief may be the consequence: therefore do not doctor yourself. If powerful medicines are resorted to every time the bowels become costive, the latter will not act without the accustomed stimulus; therefore alter the diet, instead of resorting to powerful purgatives.

These observations are applicable to the other excretions. If there be a diminished or a redundant discharge of urine, let it be made known to the medical attendant, and safety to your constitution will be the reward of your candour.

CHAPTER XXV.

ON PERSPIRATION.

The Skin and its functions have already been noticed. As the most alarming diseases, however, originate from obstructed perspiration, some observations of a more particular nature regarding perspiration may not be unimportant to the reader. This vapour, which is secreted from the extremities of the cutaneous arteries of the external surface of the body, is distinguished by the terms sensible and insensible perspiration. The insensible perspiration is supposed to exceed any of the other discharges from the human body, and is of the utmost consequence to health. The sensible perspiration is visible in the form of small drops adhering to the skin. One of the uses of the insensible perspiration is to liberate the blood from superfluous animal gas and water, to moisten the external surface of the human body, and prevent its being dried up by atmospheric air. Whatever tends to check perspiration suddenly

is likely to produce the most injurious consequences to our constitutions, and every precaution should be adopted to prevent such an occurrence. It has been affirmed by many writers, more particularly by Dr. Thomas, that great is the number of persons who annually fall a sacrifice to a neglect of sufficient attention to the causes which obstruct this necessary secretion. It is of great importance to avoid sudden transitions from heat to cold, such as going from a very hot apartment into a cold one, throwing off some part of the clothing when heated by exercise, or bathing the body with cold water when heated by walking, riding on horseback, or dancing. Any further remarks respecting the imprudence of sitting with wet feet, or drying them by a fire instead of changing the stockings and shoes on the very first opportunity, must, I am certain, be superfluous: such imprudence is to solicit disease, instead of health; and however healthy and hardy individuals may be, they will not continue in a state which we all so anxiously desire if they are incautious enough to commit such deviations from the natural instinct of self-preservation. What a list of diseases could I present to you, and how dangerous their nature, arising from inattention to or defiance of these practicable instructions! When the feet are wet, never wash them with spirits—a practice which has by some been

adopted to prevent a person from taking cold; for warm water keeps up a due circulation of blood in the feet, while, on the other hand, washing them with spirits has a direct tendency to check it, and will induce a sensation of coldness, owing to the rapid evaporation of the spirit.

CHAPTER XXVI.

A MODERN FASHIONABLE DINNER.

Dr. Paris ascribes indigestion to deviations from good and wholesome food, and to indulgences in those miscellaneous mixtures which I have frequently alluded to in this publication. The Doctor's remarks are so true, and so admirably written, that I shall without ceremony inform the reader, in his own words, what are his ideas of the intermixture of aliments:—"Having offered some general rules with respect to the circumstances which render food salutary or noxious, and illustrated these principles by an examination of the several classes and species of aliments, it remains for me to say a few words upon the subject of their intermixture. I have already alluded to the mischief which arises from the too-prevailing fashion of introducing at our meals an almost indefinite succession of incompatible dishes. In the first place, the stomach, being distended with soup, the digestion of

which, from the very nature of the operations which are necessary for its completion, would in itself be a sufficient labour for that organ, is next tempted with fish, rendered indigestible from its sauces—then with flesh and fowl. The vegetable world, as an intelligent reviewer has observed, is ransacked, from the cryptogamia upwards; and to this miscellaneous aggregate is added the pernicious pasticcios of the pastry-cook and the complex combinations of the confectioner. All these evils, and many more, have those who move in the ordinary society of the present day to contend with. It is not to one or two good dishes, even abundantly indulged in, but to the overloading of the stomach, that such strong objections are to be urged. Nine persons in ten eat as much soup and fish as would amply suffice for a meal, and, as far as soup and fish are concerned, would rise from the table not only satisfied, but satiated. A new stimulus appears in the form of stewed beef, or *côtelettes à la suprême:* then comes a Bayonne or Westphalia ham, or a pickled tongue, or some analogous salted but proportionably indigestible dish, and of each of these enough for a single meal: yet this is not all; for game follows, and to this again succeed the sweets and a quantity of cheese. The whole is crowned with a variety of flatulent fruits and indigestible knick-knacks, included under the

name of dessert, in which sponge-cake is included, of course. Thus, then, it is, that the stomach is made to receive, not one full meal, but a succession of meals, rapidly following each other, and vying, in their miscellaneous and pernicious nature, with the ingredients of Macbeth's caldron. Need the philosopher, then, any longer wonder at the increasing number and severity of dyspeptic complaints, with their long train of maladies, amongst the higher orders of society? 'Innumerabiles morbos, non miseraberis coquos numera!' But it may be said, this is a mere tirade against quantity—against over-distension of the stomach—that it argues nothing against variety of food, provided the sum of all the dishes does not exceed that which might be taken of any single one. Without availing myself of the argument so usually applied against plurality of food, that it induces us to eat too much, I will meet the question upon fair grounds. It is evident that the different varieties of food require very different exertions of the stomach for their digestion. It may be that the gastric juice varies in composition, according to the specific nature of the stimulus which excites the vessels to secrete it; but of this we are uncertain, nor is it essential to the argument: it is sufficient to know that one species of food is passed into the bowels in a chymified state in half the time which is required to effect the

same change in another. Where, then, the stomach is charged with contents which do not harmonise with each other in this respect, we shall have the several parts of the mixed mass at the same time in different states of digestion. One part will therefore be retained beyond the period destined for its expulsion, while another will be hurried forward before its change has been sufficiently completed. It is, then, highly expedient, particularly for those with weak stomachs, to eat but one species of food, so that it may be all digested and expelled at nearly the same period of time, and that, when digestion has been established, the operations of the stomach shall have ceased. I have before insisted upon the importance of such a regulation."

Now, after reading this extract from such an able physician, will it not appear evident that many of our grievous ills are our own work, and may be prevented by a more simple and uniform way of living?

CHAPTER XXVII.

NEGLECTED INDIGESTION A FORMIDABLE DISEASE.

The description given by Dr. Paris in the preceding Chapter of the diet which causes indigestion, cannot fail to convince us that there are two classes of persons in society who suffer from complaints of a precisely different nature—one class from luxurious diet—the other from scanty fare. Those who are diseased from an insufficiency of good and wholesome food, soon recover their health and strength by proper diet; yet I believe the stomach in these cases requires management and medicine. Let a patient who has been without good food and warmth for a season be placed in an Infirmary, where both will be supplied him, and a very few days will convince the medical attendant of the salutary change, without the aid of much medicine. The diseases induced by a perseverance in the former mode of living do not yield so readily. We talk of indigestion as an ordinary disease, actually thinking it of little consequence; yet I

believe it to be as difficult of cure, indeed, more so, than a whole catalogue of other disorders.

A patient who labours under indigestion is scarcely a companionable being: he loses his animal spirits, and renders himself and those about him miserable. The complaint is not to be easily removed. To accomplish a cure, much restriction and discipline are necessary. I could relate cases where months have passed away without relief. After its continuance for a long period, the coat of the stomach, termed its villous coat, becomes affected, and now and then inflamed. How important, then, on the very first attack of indigestion, is it to consult the medical attendant, and adopt the suggested rules, medicine, and diet, instead of allowing the disease to progress, and making attempts to relieve it by stimulants and other improper remedies. It is quite astonishing to see the effects, after fevers and other debilitating diseases, on those who from necessity are deprived of the diet described by Dr. Paris as sure to produce disordered stomach and bowels. If wine or the most nutritious food be ordered for such patients, its beneficial effects are incalculably more decided than in those patients who have indulged in luxurious fare. It appears evident that, in diet as in every thing else, the middle course is the most proper—a sufficiency of good food to enable us to labour cheerfully—and not so much or such

rich food as to oppress us—to render us inactive, and to fancy every exertion too much for us. Mr. Laurence gives a frightful picture of the corporeal ravages engendered by a continuance in the use of unwholesome and improper food—such as injuring the growth of the body, and checking mental development; but it is gratifying to be enabled to state, that we Village Doctors do not often meet with such instances as those which Mr. Laurence has so vividly described.

CHAPTER XXVIII.

CONCLUDING HINTS ON DIET.

Although I have maintained throughout this work, that a very late dinner-hour, say seven o'clock, is not, in my own opinion, the best one for health, yet it is much better to dine at this late period than to eat a full meal earlier in the day, and resort to active or severe exercise soon after dining. By all means rest after dinner: I do not mean sleep—for in very full habits, and with individuals who have short necks, this practice of indulging in sleep is not unattended with danger. It is the opinion of very able men, that apoplexy may ensue from such a pernicious custom. I have said over and over again—sleep with an empty stomach. I have had most curious and indescribable symptoms related to me by those who have been obliged to use great exertion after a full dinner. The head has in all cases been the seat of much suffering. Now and then, great pain is felt in the forehead; but more fre-

quently the pain is very severe in the back part of the head. The sympathy between the head and stomach is so intimate, that all this pain and inconvenience arise from the latter being interrupted in its digestive function by the exertion resorted to when this organ was loaded by nutriment.

Keep the stomach right and in good humour: offend it, and continue to do so only for a short period, and ill-health follows. Were it necessary to illustrate the sympathy of the head with the stomach it might be easily accomplished. The following fact, however, many of us have no doubt experienced. If a person have the misfortune to receive a severe blow on the head, the contents of the stomach will, in most cases, be ejected: till this ejection occurs, the pain in the head continues intolerable, while it is in general much relieved by the circumstance. Now let an individual, unprepared for the accident or design, receive a severe blow on the stomach, and pain in the head will be the certain result—so that the effect which intemperance or accidents produce at once upon the brain and that all-important organ the stomach will hence be manifest.

Quietude after dinner, leaving off this meal with an inclination to eat more food, and avoiding sleep after the meal, will ensure lightness and activity—and if exercise be necessary, it may be taken with impunity. A very full miscellaneous

dinner, on the contrary, requires a long time to elapse before exercise can be comfortably taken, and, in fact, it is the safer plan to forego exertion if it be at all laborious—at all events, it should not be resorted to till some hours afterwards. Professional men, it will be thus seen, are right in transacting as much of their business as possible before their dinner.

I have now, I trust, said as much as is necessary about diet. In the following Chapters I shall give a few instructions as to what had better be done in case of accidents, before the arrival of the doctor. In concluding this Chapter on Diet, however, it may not be uninstructive to give the reader Mr. Abernethy's opinion regarding the stomachs of rheumatic and gouty individuals. His idea was, that the stomachs of the above class of patients generated acid—and great relief may doubtless be afforded by taking, when the symptoms of gout occur, some mild alkali. A good remedy to neutralise the acid and relieve the pain of gout is the following very simple one:—Carbonate of soda, half a small tea-spoonful; magnesia, a tea-spoonful; and, a few grains of powdered ginger, mixed in a little mint tea. This simple remedy is equally applicable in rheumatism. The great thing to be considered is that it cannot harm, and that it frequently is of much service.

CHAPTER XXIX.

ON CASES OF INJURY FROM ACCIDENTS.

The author now proceeds to give a few instructions as to what is to be done before surgical assistance can be obtained, in cases of injury arising from accidents—a subject which may possibly render this work not uninteresting to the heads of families. In the first place, let us speak of Fractures. In fractures of the upper extremities the patient will generally place himself in the easiest situation, directing the assistant or assistants to keep the limb perfectly quiet till efficient relief can be afforded. It is very different in fractures of the lower extremities; for in these cases the patient is too often placed on a feather bed—a situation in which the bone or bones cannot be reduced, on account of the yielding nature of the materials on which he reclines. Lay the patient by all means on a mattress—one that is firm—and if the limb be placed so as to consult the feelings of the patient, that position

will generally be the best for the medical man, since on this mattress the limb will be successfully reduced, and, if a simple broken thigh or leg, not disturbed till union is completed, and the limb is restored to usefulness. The mode in which nature acts in the union of broken bones is very similar to that which she pursues in the union of wounds of the soft parts. Keeping this in view, it must strike the most incurious reader how necessary it is, in order to effect a cure, that perfect quietude should be observed. The intention of these observations is merely to mitigate pain; and if the directions here given are followed, much inconvenience and pain will be obviated. If a patient is to be sent to a hospital, the same precautions are necessary. If nothing else but a bed can be procured, you can place a board under it for the limb to rest on; for if placed on a feather bed, the two ends of the bone or bones will be dragged from each other, thereby not only producing much unnecessary pain, but actual mischief.

DISLOCATIONS.

In these accidents, little can be done till the displaced bone is returned to its proper situation; and the sooner this is effected after the accident the better both for surgeon and patient. The functions of the affected joint being entirely inter-

rupted, the lodgment of the extremity of the bone being in an unnatural situation, and among parts which render motion extremely painful, together with the loss of motion in the joint, render these accidents in most cases pretty obvious. No means of relief can be suggested till the accident is rectified; and all that can be recommended is, that this rectification and adjustment of the dislocated bone be not delayed. Should the accident happen in the night, if possible, reduction ought not to be delayed till the next day. Many persons are alarmed to see their friends look pale and complain of faintness after dislocations; but this state of feeling is not undesirable to the surgeon, as the muscles are at this time relaxed, consequently the dislocation is reduced with greater ease.

WOUNDS.

All that can be done, in the absence of the doctor, in cases of Wounds, is to take as much pains as possible that the loss of blood shall not be so great as to endanger life. Till proper assistance shall arrive, pressure is what must be relied on. In injuries inflicted by a sharp instrument, termed incised or cut wounds, cover the part with strips of sticking-plaster; then make a compress by doubling cloth upon cloth, and bind up the wound tight enough, if possible, to stop the

bleeding. The cloth and compress are applicable to all wounds. If a few compresses have no effect, apply more—and over all a bandage. You have nothing to do but to see that the patient does not die from the loss of blood. Pressure is, in such cases, the only sheet-anchor till proper assistance arrives. Apply compresses with lint, if at hand, linen rags, or tow, and over all a bandage tight enough to stop the bleeding—and watch the patient, taking care that motion be strictly avoided. All styptics, such as Friars' Balsam, turpentine, or any other spirit, create irritation in the wound, and consequently should not be applied. The irritation occasioned by such applications retards recovery, and produces, when applied, the greatest suffering.

The best application for a lacerated or torn wound—that is, a wound produced by a severe bruise from a blunt instrument—is to wash the wound over and over again with warm water—and, if there be little or no hemorrhage, apply a bread poultice till proper assistance can be obtained.

STINGS OF INSECTS.

The stings of bees, wasps, and hornets, gnats, and other insects, produce much pain, heat, and redness, and swelling in the affected part. There is

an extraordinary degree of irritability in the skin of some persons, who suffer more than the generality of mankind from the bites and stings of insects; but the injury does not give rise to alarming symptoms. It appears that the sting of an insect is not simply a fine puncture: if it were, there could not be that cause for so much local uneasiness as it creates. It is believed by many, that the sting is left behind in the wound, and that this is the cause of the irritation. Whether this really be so or not, it is certain that the sting imparts to the wound some noxious virus which remains behind. An embrocation, composed of equal parts of spirit of camphor or spirit of wine and water, constantly applied to the inflamed part, will speedily effect a cure. Vinegar is another good application; or a tea-spoonful of Goulard's Extract to a quarter of a pint of spring water. These remedies should be applied even after the pain, redness, and swelling have disappeared. It is the constancy with which the applications are used that decides the comfort of the patient. Whichever of the above remedies may be selected, it should be persevered in, without having recourse to others. These injuries are in general of too trivial a nature to demand the interference of a surgeon. Should the sting or bites, however, have been numerous, it may be as well to consult him, for now and then constitutional treatment will be necessary.

THE BITE OF A VIPER.

The bite of this serpent is occasionally attended with danger. The terror induced by the bite of a viper will, in nervous individuals, seriously affect the constitution, and a train of symptoms will follow which, although they fortunately do not frequently terminate fatally, produce much alarm both to the patient and his friends. The unpleasant symptoms do not usually commence till some hours after the infliction of the injury. They begin with pain, heat, and redness, which, spreading over the whole limb, occasion dejection of spirits, nausea, and vomiting. A fixed pain is felt in the region of the heart, and in extreme cases convulsions ensue. I have seen two individuals who were bitten by this serpent, and in neither case did the unfavourable symptoms run any thing like so high as here depicted. The one was that of a boy who was brought to the Salisbury Infirmary very soon after the injury was inflicted. He was much frightened at the swelling and pain in his leg, and vomited a considerable quantity of bile; yet he recovered in a few days, and was much relieved from pain as soon as his stomach was emptied. The other was that of a man who had been bitten through his clothes, and the symptoms were very mild, consisting merely of a

slight swelling and a trifling inflammation. The bite of a viper may kill a child, but rarely an adult.

The same applications recommended for the stings of insects are the most proper in these unfrequent injuries. Vinegar, which can always be procured, should be incessantly applied to the affected part or parts. The surgeon's assistance is of course necessary, and you will do right to persevere with this application till his arrival, since the local and constitutional symptoms which ensue will be consigned to his care. The poison of the viper is lodged in a capsule or bag at the root of two fangs in the upper jaw, and is pressed out when the reptile bites. If the bite is through the clothes, the poison bags will be partly emptied and lodged on them. In this case, the symptoms will be much milder than I have described. Some attempts have been made to investigate the nature of the poison: the result is, that it is neither acid nor alkaline.

BITES OF MAD DOGS AND OTHER RABID ANIMALS.

Nothing can be done in these terrible accidents but allowing the surgeon to take the bitten parts clean out. The sooner this is done the better, although even if a day or two should have been

improperly and carelessly allowed to pass away, excision may still be resorted to with safety. In cases where a dog has been much enraged, and, although showing no previous symptoms of madness, in his anger inflicts a bite, the safest way is without delay to consult the surgeon, who will recommend excision. The pain and inconvenience of the operation should not be permitted to weigh as a feather, when we recollect the security the patient will thus have as a reward for his resolution. This is the only safe treatment: all other modes are uncertain. There are other animals besides dogs that are liable to madness—for instance, cats, sheep, and cows. The same mode of treatment is applicable to the bites of each of these. Since hydrophobia has been known to arise from the bite of an animal much excited, but not actually mad, even supposing such a dreadful disease to have followed but one bite of this nature out of a thousand, who will hesitate what course to pursue?

SIGNS OF MADNESS IN DOGS.

According to the observations of Messrs. Enaux and Chaussier, the disease begins by the dog being languid, and duller than ordinary. He seeks obscurity, remains in a corner, and ceases to bark; but growls incessantly at strangers, and

that without any apparent cause. The animal refuses food and drink, and his walk becomes vaccillating, like that of a person almost asleep. After two or three days, he walks like a drunkard, and frequently falls. His hair stands erect, his eyes become fixed and haggard, his head hangs down, his mouth is wide open, and contains much frothy saliva; the tongue is protruded, and the tail turned inward; he avoids water, which appears to redouble his distress. He now suffers from time to time an increase of fury, and endeavours to bite every object, not excepting his master. The light offends him, and vivid colours augment his rage. At the end of thirty or thirty-six hours he dies in convulsions. The dead body putrefies in a very rapid manner, and diffuses a most infectious odour. It ought not on any account to be left exposed above-ground, lest it should be eaten or even licked by other animals, since they might thus become mad also. The hole into which the body is put should be very deep, and every part of the place in which he has been confined, as well as the vessels from which he took his food, should be well washed with lime-water. The person who touches the dead body should wash himself with vinegar. Many causes may occasion this dreadful disease, but in general it is most prevalent in very hot summers and in very cold winters.

BURNS AND SCALDS.

The first application for a Burn before surgical assistance can be procured, is spirits of turpentine or spirits of wine. Lay on some linen cloths dipped in either of the above fluids, and renew them frequently. If very remote from a surgeon, after bathing the burn with the spirits, soften some yellow basilicon with spirits of turpentine, and spread it on old linen over the burnt surface. It is of the highest importance that the injured surface should be uncovered as little as possible. The ointment stops the pores of the cloth, impedes evaporation, and confines the effect of the alcohol to the burnt surface. These remedies are not always at hand, and it is to be regretted that they are not promptly attainable in every village. It will not be necessary to repeat this application a second time. The inflammation will be diminished, and the applications reduced in strength. Much benefit will be felt before the necessary medical assistance arrives, and then, of course, the management will be in other hands.

I have now to speak of another remedy more readily applied than the above, and yet, I believe, quite as efficacious, both for burns and scalds. There is a difference of opinion as to whether the turpentine and yellow ointment ought to be ap-

plied to scalds; but what I am about to recommend is applicable to both, and is besides a cheap and easy remedy. The most unskilful can certainly cover the injured surface with cotton: carded cotton is the best. I am indebted to the never-slumbering talents of Dr. Fowler, of Salisbury, for much useful information on the good effects of carded cotton in burns and scalds. Now, then, if the injury be slight, you have only to cover the part or parts with cotton, letting it remain till the cure is effected. The application is also good for external bruises, with wounds; but it is invaluable for the two former accidents. Should the skin be removed in consequence of the severity of the burn or scald, still its application is attended with the best results: if there should be a profuse discharge, it comes off easily; if it should adhere, a few drops of warm water will loosen it at once: but it may remain on till the burn gets well. The injured surface is to be covered with the cotton, and there it is to remain till the pain and inflammation subside. As burns require constitutional treatment, from the sympathy subsisting between the skin and the lungs, both participating in the same function, it will be necessary to consult a surgeon. These instructions are intended to mitigate suffering in sudden accidents, but they by no means suggest, for one moment, the dispensing with proper medical aid.

CHAPTER XXX.

ON CASES OF FROZEN LIMBS OR OTHER SEVERE INJURIES FROM COLD.

Experience has evinced that, although the human body may have all its vital functions suspended from excessive cold, those functions may, by proper and judicious remedies, be restored to animation. It is of course evident that the gradual and steady imparting of heat will be unavailing unless the heart and large blood-vessels retain the power of action; but since animation suspended in consequence of cold has been restored when there appeared to be no probability of so happy a result, neither hope nor exertion should be abandoned, even in apparently unfavourable and extreme cases. What, then, is to be done if a person be discovered frozen? Why, the whole body is to have warmth communicated to it in the most cautious and gradual manner possible. If a limb, not actually frozen, but excessively cold, be suddenly heated, the most alarming symptoms quickly follow. Violent inflammation occurs, intense pain

and swelling, and the limb assumes a blue appearance, denoting great danger. If the part were actually frozen, and were treated in this manner, mortification would to a certainty follow. If the body be frozen, heat—that is, sudden heat—must be cautiously avoided. In the first place, friction, if possible, with snow, must be perseveringly continued till the arrival of the surgeon. If the patient be suddenly removed into a very warm room, he will lose the chance of recovery. Should the body fortunately be thawed, with signs of returning animation, it may then be rubbed with brandy and water, and conveyed into a warmer situation. In cases of frozen limbs, friction with snow or ice should be unremittingly followed until sensibility and motion return. This plan will frequently succeed when recovery appears doubtful. Never, on any account, allow a frozen person to get suddenly heated. The ears and noses of frozen persons have been recovered by the treatment here recommended. Should a contrary course be adopted before assistance arrives, the tip of the nose or a part of the ear may drop off. All that can be done is to persevere with friction, taking care not to remove the patient into a warm situation till the doctor arrives.

One of the best, or at least as good a writer on surgery as ever adorned his profession, Samuel Cooper, Esq., author of "First Lines of the Prac-

tice of Surgery," also "Cooper's Surgical Dictionary," has informed us clearly how to escape a most troublesome inflammation in the feet and hands, termed chilblains. He says the sudden warming of a cold and the sudden cooling of a heated part are particularly conducive to chilblains. This accounts for parts most exposed to vicissitudes of heat and cold being most subject to this complaint—for instance, the toes, fingers, ears, and lips. When a part is exposed to sudden cold while in a state of perspiration, it is more likely to be affected with chilblains than when it is simply warm. The most intense cold will not alone produce chilblains: the more tender and irritable the skin is, the more readily will the complaint arise. Children and females who perspire much in the feet are very liable to this affection.

Now the cure of this troublesome complaint in the incipient state, although very simple, is hardly ever adopted. The part affected should be immersed in cold water or rubbed with ice. This is to be done for a few minutes only, two or three times a day: the disease will disappear in a few days. This remedy is only proper at the commencement. After every application, the part is to be well dried, and, if the feet be the affected parts, they should be covered with leathern socks. I know that in some constitutions suppuration

cannot be prevented, and then you have obstinate sores, which require surgical treatment. I therefore have only given a preventive hint, although I think that I possess a remedy better even than the one now recommended, that will prevent suppuration, and consequently save the patient from being troubled with ulcers, which are slow, and very difficult to heal.

CHAPTER XXXI.

ON VEGETABLE POISONS.

When an individual has unfortunately swallowed poison, either by design or accident, promptitude in the treatment may save life. I shall first notice Vegetable Poisons. These are numerous; but I think it unnecessary to enumerate them all, those vegetable poisons which are in the majority of instances taken by mistake or design being but few in number. Laudanum is the most common one; and children are occasionally given too large a dose of Poppy Syrup, which may endanger life. The treatment in both instances must be the same. Oxalic Acid has been often mistaken for Epsom Salts, and very serious consequences, even occasionally the death of the individual, have been the result of the mistake.

Prussic Acid I should imagine to be too active and certain a poison to be sold, so that the chances of this deadly preparation being taken are very rare. This latter is the most energetic of all the

known poisons. Two or three drops applied to the eye or tongue of the strongest dog will occasion its death in the space of two minutes. Happily, the difficulty of obtaining and preserving this poison renders it rare, and it is consequently but little calculated to become the instrument of crime. It smells like bitter almonds. The oil and extract of cherry laurel, the latter in particular, when several times distilled, are poisonous, from their containing prussic acid; and the same may be said of bitter almonds, especially such as are very odoriferous and bitter.

Mushrooms which grow in marshy shaded places, such as forests where the sun has little access, and those also that are very soft, open, and porous, have a disagreeable appearance, change colour when cut, and exhale an unpleasant odour, in common with others that have a gaudy colour, should be rejected as poisonous fungi, and not tolerated as edible mushrooms.

The following is a test of the edible or true mushroom:—Take an onion, strip the outer skin, and boil it with your mushrooms. If the onion become blue or black, there are certainly dangerous ones among them: if it remain white, the mushrooms are good and wholesome. The symptoms of poisoning do not manifest themselves until some time after the unwholesome mushrooms have been eaten. From six to eight hours,

and even twelve or sixteen hours may elapse before any untoward symptoms make their appearance. I have noticed but few of these poisons, yet the list will comprehend those which are generally taken as vegetable poisons, either by design or accident. What doctor, for instance, is during a long life of active practice summoned to a patient who has been poisoned by the administration of hemlock, hellebore, hyoscyamus or henbane, cicuta, or deadly or woody nightshade? These are all active poisons; and even strong-scented lettuce is a poison resembling that of opium, and an overdose requires the same treatment as an overdose of opium.

What is to be done, in the absence of the doctor, for a patient poisoned by any one of these poisons? Prussic acid is so decidedly fatal, that the patient who has swallowed a very small quantity must die before assistance can be obtained. I have really nothing to say beyond the preceding remarks made on this acid. As to all the others, give emetics as speedily as possible: the safest is ipecacuanha. If the individual has taken laudanum, give, for an adult, twenty grains, in plenty of warm water, sweetened with moist sugar. Rouse the patient, and allow no repose till the arrival of the doctor. If a child, four, five, or six years old, has taken too much poppy-syrup, give as many grains of ipecacuanha as the child is years old.

If an adult, give, as before advised, twenty grains, and in about a half an hour after the first emetic, should it not operate, give another of ten grains. Should this have no effect, let the throat be tickled with a feather: in short, do not omit any thing that may induce the stomach to eject its contents. Should the medical man reside at a distance, and laudanum is the poison ejected, give equal parts of lemon-juice and water till he arrives, or equal parts of vinegar and water. The same treatment is applicable for an overdose of poppies. Remember to get the poison out of the stomach by emetics.

Ipecacuanha emetics are directed should the individual have swallowed oxalic acid. After the stomach has been cleared of the poison, there is no antidote so efficacious as magnesia. Magnesia mixed with water will afford instantaneous relief; but, like other antidotes, it loses its efficacy by delay. Should the emetic have been omitted, this medicine ought to be given promptly and liberally.

Emetics are necessary to the restoration of health from the effects of all the vegetable poisons spoken of. In the case of unwholesome mushrooms they are more particularly enjoined. The stomach-pump is not always readily procurable, and if it were so, it becomes effectual only in the hands of a medical man.

The symptoms occasioned by the administra-

tion of all poisonous substances of the vegetable class are giddiness, confusion of sight, wildness of the eyes, palpitation of the heart, stupor (particularly from opium or poppies), nausea, distension of the stomach, universal twitchings and convulsions. The bodies of those who have been destroyed by vegetable poisons generally swell, very soon become offensive, and are covered with livid spots. The activity of poisonous substances depends very much on habit. The most energetic poisons, taken in small doses, gradually augmented, become almost inert. Galen, in his work on the powers of simple medicines, tells of an old woman at Athens who had so accustomed herself to hemlock, that it became as it were food to her! Again, the author of "Confessions of an English Opium-eater" could exceed five drachms of opium daily without inconvenience—an amount equivalent to upwards of 4100 drops of laudanum.

EMANATIONS FROM FLOWERS.

However contrary to reason it may appear, it is well known that many persons cannot breathe amid the odour of flowers. Such persons should of course be quickly removed from the place where the flowers are kept, and breathe the cool and fresh air. The best and simplest remedy for the unpleasant symptoms occasioned by remaining too

long with the flowers is to drink occasionally equal parts of lemon juice and cold water. Persons who reside with impunity in rooms filled with odoriferous flowers have much difficulty in believing the above fact, and cannot comprehend how it is that many individuals cannot remain for a few minutes in such apartments without suffering very unpleasant sensations, such as head-ache, nausea, and swooning. Experience has, however, over and over again proved what is here stated to be correct. The odour of the rose, the lily, and the honeysuckle more particularly occasion the above symptoms.

CHAPTER XXXII.

ON MINERAL POISONS.

The Mineral are distinguished from the Vegetable Poisons by their action. The first, corrode and inflame; the latter, frequently stupify, and leave no signs of inflammation. The mineral poisons do not terminate existence till after most terrible suffering for two or three hours, or longer. Some of the vegetable poisons also destroy life in a few hours. Although the number of mineral poisons is extensive, I shall notice but two or three, because these are frequently to be found in our dwellings, and are occasionally administered by mistake for some other medicine. The circumstance is of rare occurrence, yet arsenic has been swallowed for magnesia, and corrosive sublimate for Epsom or Glauber salts.

Natural verdigris, which is noticed upon pieces of copper money and on brass taps, may be put in water without communicating to it any noxious quality, because it will not dissolve; but if a

portion of the water be swallowed, after having remained some time upon this substance, it will occasion symptoms of poison: it is consequently prudent never to drink liquids which have been covered with the green powder alluded to. Artificial verdigris is easily dissolvable in water; hence water which has been some time in contact with it is equally poisonous with the solid matter itself. Too great precautions cannot be taken to prevent its formation in kitchen-utensils. These, when perfectly tinned, present no danger, whatever may be prepared in them; but when wine, vinegar, oil, fat, and many other substances are put into badly-tinned vessels, they quickly cause the formation of verdigris, which, mixed with food, would give rise to serious accidents.

When the substances just mentioned are allowed to cool in copper vessels, the quantity of verdigris produced is very considerable; it is therefore essentially necessary, whenever a copper vessel badly tinned is used, to empty it while the contents are still boiling. Several cases of death have occurred from eating salads dressed in vinegar which had been kept in copper vessels. These instructions should be well printed, and suspended in the kitchen of every large establishment. They are translated by Mr. Black from the works of M. Orfila.

Mineral poisons are numerous. I shall content

myself with making some remarks on the symptoms and treatment of those who may have taken arsenic, corrosive sublimate, or verdigris; and after the poison has been ejected from the stomach, shall mention the Counter-poisons or Antidotes that must be administered.

On lead, lunar caustic, white vitriol, and the various preparations of antimony, although mineral poisons, I shall not treat, since they are seldom taken to destroy life; and should they be taken, either by design or accident, the treatment, as far as relates to dislodging the poison from the stomach, will be applicable to the whole.

CHAPTER XXXIII.

TREATMENT FOR EACH POISON TILL THE ARRIVAL OF THE DOCTOR.

You will generally find the patient inclined to vomit. This inclination should be encouraged by every proper means. Large quantities of tepid water, sweetened with sugar, should be incessantly swallowed, to induce the sickness to continue; and if the patient be an adult, twenty grains of ipecacuanha ought to be given after the sugar and water are ejected, which will bring off much of the poison with it. The first object, indeed the only thing that can be done before other remedies—I mean antidotes or counter-poisons—can be successfully administered, is to take care that vomiting be satisfactorily accomplished. The Doctor is the proper person to test the poison, and administer counter-poisons as antidotes.

Corrosive Sublimate is a dreadfully energetic poison, and should not, on any account, be allowed to remain in a house for a moment. In doses of one grain it never fails to produce unpleasant

symptoms, and it is more certain to do so in proportion as the dose is larger. It has been known, when placed on cancerous wounds and tumours, with the design of effecting a cure, to produce death in half an hour. It is not now, and never should have been, employed in such cases.

CHAPTER XXXIV.

ON COUNTER-POISONS, OR ANTIDOTES.

If the stomach be emptied of its contents, experience has proved that the best antidote for each of the mineral poisons above treated of is the white of eggs. The whites of as many eggs as are at hand, say a dozen, should be beat up and blended with cold water, and the patient should drink frequently of the mixture. If sickness be thus induced, it is desirable, after waiting half an hour, that the mixture should be repeated. There are many tests to ascertain when arsenic, corrosive sublimate, or verdigris have been swallowed. These are extremely interesting; but as they are well known to medical men, it is unnecessary for me to repeat them, my object being merely to point out the remedies proper to be used in the absence of the medical attendant.

Animal poisons have been already noticed in Chap. xxix., under the heads "The Bite of a Viper," and "Bites of Mad Dogs and other Rabid Animals." There are other poisons particularly detailed by authors, especially by M. Orfila. The fumes

arising from various metals in a state of fusion, or aerial solution, are termed aerial poisons. Those arising from arsenic are destructive to health. Arsenical fumes occasion a sense of suffocation, and very frequently, by long exposure, terminate in pulmonary consumption. The fumes arising from mercury are notoriously destructive. It is hardly possible for any one, however little versed in the effects of mercury on the human constitution, to mistake its decided symptoms—namely, salivation, paralysis, and excessive debility. Salivation is the most marked symptom. Lead also occasions not only paralysis, but that decided pain in the abdomen which cannot be mistaken by any one who has witnessed the disorder termed, in plain language, "Painter's Colic." The symptoms of inhaling noxious air from the above deleterious substances are giddiness, fainting, convulsions, and general debility. The only efficient treatment in these cases is instantly to remove the patient to a stream of cool air, opening the windows and doors, then undressing the sufferer, and placing him in bed. If the feet are cold, apply bottles filled with hot water to them, and let the whole body be well rubbed with flannel or a flesh-brush.

We rarely in England hear of people being poisoned by eating fish: it is not so in very hot countries; for death has there been known to ensue after a hearty meal from the Dolphin, the Conger

Eel, and the Yellow Bell. Muscles occasionally cause pain in the head and stomach, with difficulty of breathing, swelling of the face and eyelids, and an intolerable itching over the surface of the body. This fish, by lying for a long time undigested in the alimentary canal, has destroyed life in this country; and one of our early Monarchs lost his life by immoderate indulgence in eating lampreys. The administration of emetics is the proper treatment in every case of illness after partaking of fish. Begin with an emetic suited to the age and strength of the patient. Ten or twelve grains of ipecacuanha in half a pint of warm water may first be taken, followed by copious draughts of warm water as soon as the sickness commences. There are, of course, other remedies to be pursued with activity after the emetic; but a timely emetic cuts short the severe symptoms consequent on eating poisonous fish.

Dr. Roget, Dr. Marcet, and other very able chemists have demonstrated that fresh charcoal, finely powdered, and mixed with water, is a more certain antidote for the poison of arsenic than the albumen recommended for the poison of corrosive sublimate and verdigris. Albumen is nothing more than the white of eggs dissolved in water. The finely-levigated charcoal should be administered to the patient frequently, after the stomach has rejected the poison by emetics.

CHAPTER XXXV.

ON ASPHYXIA, OR SUSPENDED ANIMATION.

I have briefly treated of the Poisons classed by authors—viz., Vegetable, Mineral, Aerial, and Animal. I shall now give the best instructions with which I am at present acquainted, as to what ought to be done in cases of Asphyxia, the meaning of which term is, that state of the human body, during life, in which the pulsations of the heart and arteries are not observable, but where there is present, in many instances, sufficient vital power, by prompt and judicious treatment, to lead to re-animation.

ASPHYXIA FROM THE FUMES OF CHARCOAL.

Persons in a state of Asphyxia from the fumes of burning charcoal complain of weariness and confusion in the head, an intolerable singing in the ears, and an uncommon propensity to sleep, prostration of strength, dimness of vision, incapacity

to stand upright, difficulty of breathing, and occasionally a suspension of respiration and circulation. The senses no longer exercise their functions, and sensibility appears extinct. The face is generally red, sometimes livid. These are some at least of the invariable symptoms. The treatment of a patient under these circumstances, to preserve life, must be prompt. Begin, therefore, without a minute's delay, by exposing the body to the air, without the slightest regard to cold, which is in these cases never injurious. Remove all the clothes, and place the body on the back, with the head and breast rather elevated, so as to promote respiration.

On no account is the sufferer to be placed in a warm bed.

Give a wine-glass full of half lemon-juice and half water, or a table-spoon full of vinegar in a tumbler of water, and sprinkle the face and body with cold vinegar. By the time all this is accomplished, professional assistance will most probably be at hand. Persevere with the sprinkling and rubbing. The back should likewise be well rubbed with a hard hair-brush. In a bad case, the nostrils should be irritated with spirit of hartshorn.

The succours here recommended according to the learned translator of M. Orfila's work should be administered with promptitude, and be continued, although the case may appear to the by-

standers hopeless, since it has happened that although four or five hours have elapsed before persons have been restored from a state of apparent death, they have at last recovered by the above means, and by the introduction of air into the lungs.

In cases of Asphyxia caused by the exhalations from lime-kilns and fermented liquors, and that which takes place in marshes and mines, the symptoms are very similar to those which have been described as arising from the fumes of charcoal, and the treatment should in all respects be as perseveringly and patiently pursued as recommended for Asphyxia from charcoal.

Asphyxia arising from exposure to the exhalations of privies and common sewers is principally occasioned by sulphuretted hydrogen; for this gas, even when mixed with a large quantity of atmospheric air, is a potent poison.

When the exposure has continued only for a short time, the sufferer experiences a general sense of uneasiness. His respiration becomes irregular; the skin is cold, and sometimes convulsions occur; and the countenance is particularly altered. Have the goodness again to read the treatment in cases of Asphyxia arising from inhaling the fumes of charcoal. The same treatment is in all respects recommended in these cases. It is, of course, to be understood that this treatment is to be perseveringly adopted till the arrival of the Doctor,

whose advice and further treatment are, in cases of this description, indispensable.

Persons should never enter vaults, pits, or wells immediately after they are opened. Never forget the precaution of letting down a lighted torch or candle. If these will not burn, animal life cannot be sustained in such situations.

ON ASPHYXIA FROM THE WANT OF RESPIRABLE AIR.

I AM indebted to Mr. Black, who has ably translated the excellent work of M. Orfila, for these instructions on Asphyxia. Perhaps the observations on Asphyxia from the want of respirable air will be the more attended to, since the affection from this cause is more frequently met with than any of the others treated of, and the remarks may therefore prove more generally useful.

When a number of persons have remained a long time in an apartment, theatre, or any other place where the air is not renewed, Asphyxia takes place, not only because all the parts of the air which are fit for respiration have been consumed, but also from the fact of a quantity of carbonic acid gas having been formed during the process of respiration, which remains in the place, and acts as a powerful poison. Individuals in a state of suffocation from this cause suffer from an

abundant and continued perspiration, attended with insupportable thirst, and followed by severe pain in the chest, difficulty of breathing, and intense fever. They lose their strength, and fall into a deep lethargy, to which death succeeds, if assistance be not speedily afforded.

The sufferer must, without an instant's delay, be placed in a stream of cool fresh air. Reanimation should be restored by applying hartshorn to the nostrils, and the face and chest must be sprinkled with cold vinegar, and the body well rubbed with a flesh-brush, taking care to slacken any tightness in the dress, more especially about the neck and chest.

As an illustration of the effects of the absence of respirable air, the fatal imprisonment in the Black Hole at Calcutta affords a memorable example of this species of suffocation. When Surajah Dowlah reduced Calcutta, in 1756, a hundred and forty-six unhappy persons, exhausted by continual action and fatigue, were crammed together in a dungeon about eighteen feet square, where they all remained from eight o'clock at night till six on the following morning. Of the hundred and forty-six persons thus immured only twenty-three came out alive, and most of those were in a high putrid fever.

CHAPTER XXXVI.

ASPHYXIA FROM DROWNING.

It has been incontestably proved that a person may remain for a long time in the water without life becoming absolutely extinct. As a consequence, every remedy and succour must be unremittingly adopted, however hopeless the case may appear; and as the loss of a moment may be dangerous, the treatment should be commenced the instant the body is taken out of the water. The unfortunate object should be cautiously conveyed, in any vehicle that can be procured, lying upon straw or a mattress, in as natural and as easy a position as possible—the head uncovered, and a little raised, and the body rather inclined to the side. When no vehicle can be obtained, the body should be carried in the arms of two or more persons.

The body is to be first dried, to prevent evaporation, and be reclothed, to prevent exposure to a cold medium, as recommended by the Royal Humane Society. The greatest care must be

taken in removing the body, that it be not bruised, violently shaken, or roughly handled—above all, it must not be carried over the shoulders, with the head hanging downwards, or rolled on the ground, Experience proves that these methods, formerly resorted to with the view of causing the water to flow out of the stomach, are not merely useless, but injurious, and that they often destroy the small remains of life.

The body must be carefully examined, in order to be assured whether or not there is any mortal wound. Should it prove to be so, all remedies will be useless; but the unfortunate object of our care is not to be abandoned until the existence of such a wound is ascertained.

The wet clothes being removed, and the body well dried, it should be placed on a low bed, on the right side, the head and shoulders being slightly raised, and the mouth opened, to allow the discharge of fluid.

Begin with friction. Flannel or a soft flesh-brush is better than the hand. After a time, the flannel should be steeped in vinegar or camphorated spirits. Stimulating processes must be had recourse to, such as the application of spirits of hartshorn or volatile salts to the nostrils. The windows and door of the room should be left open, and no more persons admitted than is absolutely necessary, as the life of the patient depends upon

having the benefit of pure air. These remedies must be persevered in. Should a long interval elapse without any signs being exhibited of returning animation, little pieces of cork, linen, or paper should be lighted, and placed on the pit of the stomach, the arms, or the thighs; and should these remedies prove unavailing, it is recommended by M. Orfila, as a last effort, to inflate the lungs. It cannot be too strongly impressed on all, that the practice of permitting the head to hang down, for the purpose of allowing the water to escape from the stomach, is decidedly wrong, and has proved highly injurious.

ASPHYXIA FROM STRANGULATION OR HANGING.

The same general means should be resorted to for the resuscitation of those who have been hanged as those recommended in cases of persons apparently drowned, with these differences:—

First—That the head and shoulders should be raised higher, and the ligature speedily removed from the neck.

Second—That it is not necessary to resort to any means to heat the body, unless it has been exposed to an unusual degree of cold.

Third—The medical attendant will find bleeding much more requisite in these cases than in those of drowning.

I have, in the above remarks on the various descriptions of Asphyxia, selected copiously from M. Orfila's admirable work, translated by Mr. Black—a work containing the most useful information—a work so admirably written, and so consequent in all its reasonings, that I should think, if it is not at present, that it must eventually be in the possession of every medical man in this country.

CHAPTER XXXVII.

DIRECTIONS FOR THE PREVENTION OF THE EFFECTS OF LIGHTNING.

When persons happen to be overtaken by a thunder-storm, although they may not be terrified by the lightning, they naturally wish for shelter from the heavy rain which usually attends it, and therefore, if no house be at hand, they generally take shelter under the nearest tree they can find. In doing this, however, they unknowingly expose themselves to a double danger—in the first place, because, their clothes being thus kept dry, their bodies are rendered more liable to injury, the lightning often passing harmless over a body the surface of which is wet; and, secondly, because a tree or any elevated object, instead of warding off, serves to attract and conduct, the lightning, which, in its passage to the ground, frequently rends the trunks and branches, and kills any person or animal that may happen to be close to it at the time. Instead, therefore, of seeking protection, by retiring under the shelter of a tree, or hay-rick, pillar, wall, or hedge, the person should pursue his course to the nearest house, or

repair to a part of the road or field which has no high objects to attract the lightning towards it, and remain there until the storm has subsided. It is particularly dangerous to stand near spouts, iron gates, or palisadoes at such times, metals of all kinds having a strong attraction for lightning, so as frequently to draw it out of the course it would otherwise have taken. When in a house, avoid standing or sitting near the window, door, or walls during a thunder-gust. The nearer you are to the middle of the room, the safer you are.

The greatest danger to be apprehended from lightning is the explosion of powder-magazines, which may be secured from danger by insulation, or by lining the bulk-heads and floorings with materials of a non-conducting nature, the expense of which would not be great.

When a person has been struck by lightning, strip the body, and throw bucketfuls of water over it for ten or fifteen minutes; let continued frictions be practised; and, in extreme cases, electricity and inflating the lungs should be adopted.

Dr. Curry very earnestly recommends electricity in these cases of apparent death. This recommendation, he adds, does not depend on mere theory, but is drawn from instances of its success in real cases as well as in experiments made upon fowls and many small animals, which, after having been completely deprived of sense

and motion by a strong electrical shock passed through the head or chest, have been recovered by transmitting slighter shocks through the same parts. In this way animation has been suspended and restored alternately for a considerable number of times. Although persons seemingly destroyed by lightning have frequently been restored to life by the process customarily had recourse to in cases of apparent death, there is every reason to think, from the superior stimulant power of electricity, that it would have been successful in many cases where the ordinary means alone were tried, and proved unavailing.

As promptitude in administering proper Antidotes to the various Poisons treated of in this work may save life, it is of the highest importance that these antidotes should be available without loss of time. In every parish, therefore, a medicine-chest should be kept at a convenient house, to which the medical man may resort in cases of emergency. An ornamental article is quite unnecessary: what is required is merely a tin chest, containing all useful medicines. This chest would of course be the property of the parish, and the expense would thus be trifling. How many journeys in the night might be saved by a medicine-chest being at hand! I hope that a chest of the above description will ere long be accessible in every parish to the medical attendant.

CHAPTER XXXVIII.

CONCLUSION.

I FULLY intended to insert at the commencement the names of all those who purchased and patronised the first edition of this little volume. The work having, however, been procured by many strangers to me in town and country, I am reluctantly compelled to abandon my original intention. I owe a debt of gratitude to many, for their voluntary offers of assistance, by sending me any works in their possession for the accomplishment of this second edition. Some of those offers have been from medical friends, and I have availed myself of their kindness. Very great assistance have I received also from Miss Ann Cobbett, who was considerate enough to send me her incomparable book on "Cookery and Domestic Management." I take this opportunity of warmly thanking them, as well as the patrons and purchasers of the former edition.

In judging of the execution of any design, it is

right to bear in mind the object and views with which it has been undertaken. I have been desirous of exhibiting to the reader many customs, arising from pure hospitality and the best feelings of our nature, which I consider to be injurious to health. I therefore selected Diet and Regimen as a proper subject for discussion, enabling me, as it has done, to state freely my own opinions on the most digestible food and liquids, and at the same time to adduce the opinions of others better qualified than myself, from their knowledge and experience, to treat on these subjects. In adverting to the injurious consequences arising from improprieties in diet, as well as those resulting from intemperance, I have studiously avoided enumerating the diseases they occasion. My object has, I trust, a tendency of a more pleasing kind—that of preventing, not detailing, diseases. I hope I have in some degree convinced the reader, that the enjoyment of health is occasionally interrupted by the prevalence of habits which I have denominated health-destroying. I am not arrogant enough to imagine that any thing I may have said or can say is calculated to dislocate the established rules of society; yet I may be permitted to hope, that the derangement arising to the functions of digestion from such miscellaneous mixtures as I have described may remind those who have suffered from indigestion, and who are

now in the enjoyment of health, that the penalty of a frequent recurrence to such mixtures must be disease—and that the sure way of escaping this is the adoption of a simple and uniform mode of living. I also beg to observe, that I shall be well compensated for this undertaking if the reader will accord to me the humble merit of collecting materials for his consideration—patience in arranging them—and independence in presenting them in the way which I think most likely to engage his attention.

THE END.

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